## Depression in adults: the matched care model

Choice of treatment is based on:

- · the severity of the problem
- past experiences of treatment
- the person's preferences

Focus of the interventions

Nature of the interventions



Medication, high-intensity psychological interventions, ECT, crisis service, combined treatments, multiprofessional and inpatient care

More severe depression, or less severe depression with limited response to initial interventions

Medication, high-intensity or low-intensity psychological interventions, combined treatments

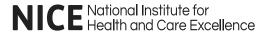


Less severe depression

High-intensity or low-intensity psychological and psychosocial interventions, medication



Assessment, referral, psychoeducation, active monitoring and support



This is a summary of some of the advice in the NICE guideline on depression in adults: treatment and management.

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