Table 1

Stepped care model for the management of depression[3]

Step	Focus of the intervention	Nature of the intervention
1	All known and suspected presentations of depression	Assessment, support, psychoeducation, active monitoring and referral for further assessment and interventions
2	Persistent subthreshold depressive symptoms; mild to moderate depression	Low intensity psychosocial interventions and referral for further assessment and interventions
3	Persistent subthreshold depressive symptoms or mild to moderate depression with inadequate response to initial interventions; moderate and severe depression	High intensity psychological interventions, combined treatments and referral for further assessment and interventions
4	Severe and complex depression; risk to life; severe self-neglect	High intensity psychological interventions, crisis service, combined treatments, multiprofessional and inpatient care