

Moderate and severe depression
or inadequate response to initial
interventions in mild depression

Antidepressant

- SSRIs (first line)
- Another SSRI
- Different drug class
(mirtazapine, venlafaxine)

High-intensity psychological
intervention

- CBT
- Interpersonal therapy
(only for people without a chronic
physical health problem)
- Behavioural activation
- Behavioural couples therapy