

Table 3

Criteria for referral to CAMHS tier 2 or 3 services for depression⁸

- Mild depression in those who have not responded to interventions after 2–3 months
- Moderate or severe depression (including psychotic depression)
- Depression with two or more other risk factors for depression
- Depression where one or more family members (parents or children) have multiple risk histories for depression
- Signs of a recurrence of depression in those who have recovered from previous moderate or severe depression
- Unexplained self-neglect of at least one month's duration that could be harmful to their physical health
- Active suicidal ideas or plans
- Referral requested by a young person or their parent(s) or carer(s)