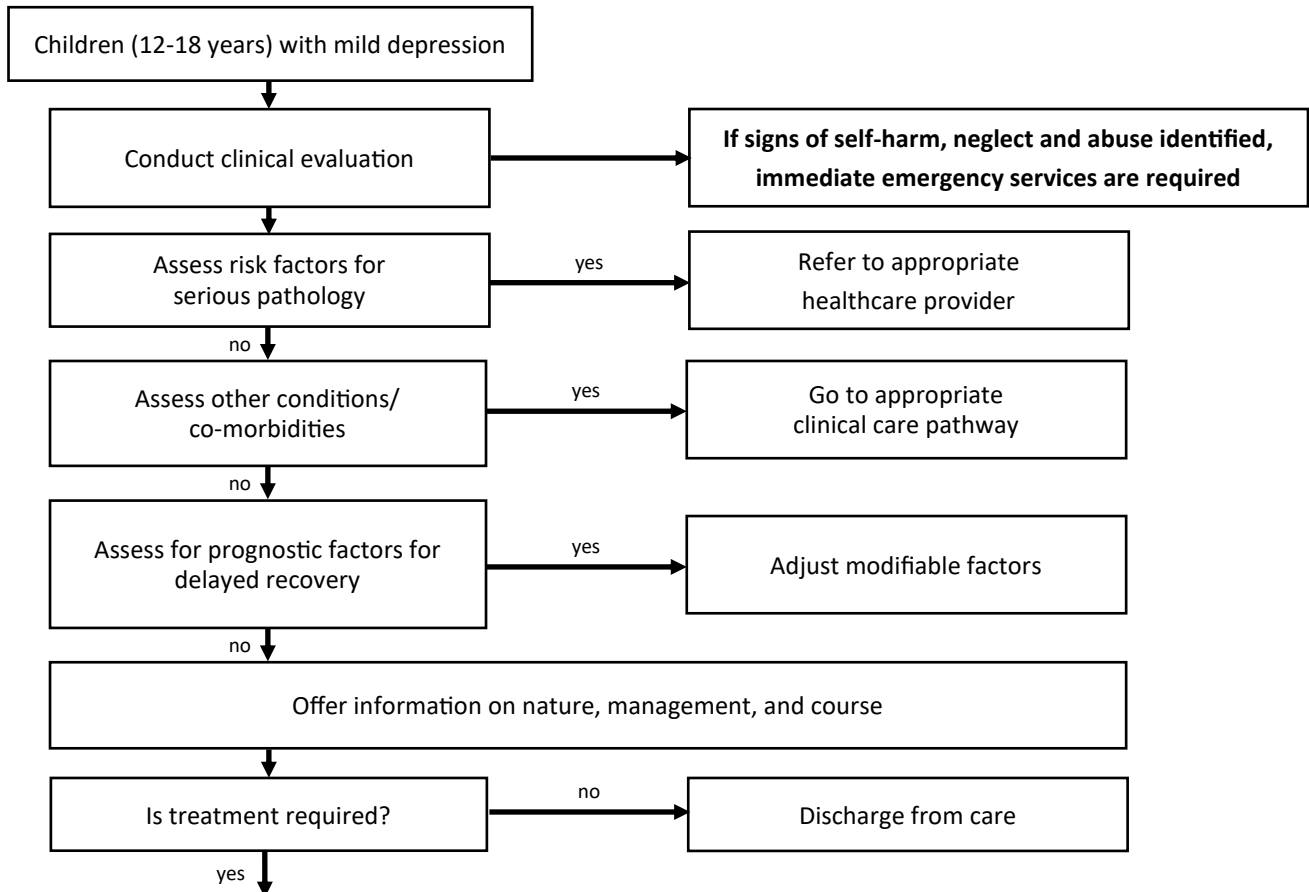


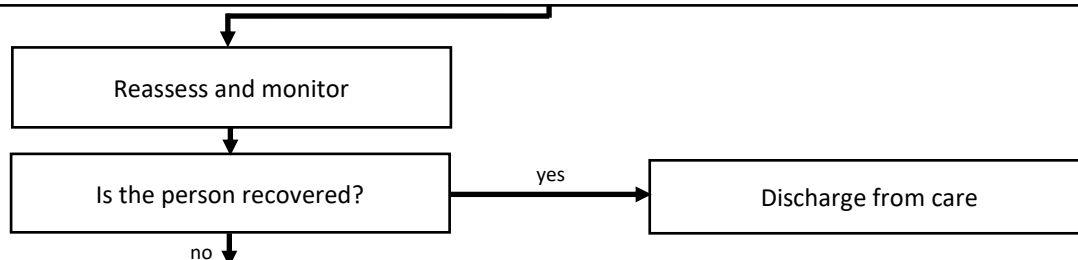
## Care pathway for the management of mild depression in young people



**Provide age-appropriate structured patient education (nature, course of treatment and likely side effect of medication, if applicable) and any of the following therapeutic interventions\*:**

- Support and the opportunity to talk over the event
- Exercise and encouragement to participate in structured supervised exercise
- Sleep hygiene
- Anxiety management
- Nutrition advice
- Digital cognitive behavioural therapy (CBT)
- Group CBT
- Group non-directive supportive therapy (NDST)
- Group interpersonal psychotherapy (IPT)
- If these options do not meet the child's clinical needs or are unsuitable, consider: attachment-based family therapy or individual CBT

If depression is unresponsive to combined treatment, conduct a review of diagnosis, comorbid diagnoses, possible etiology, consideration of whether there has been a fair trial of treatment, and assessment for further psychological therapy and/or additional help for the family. Discuss alternative psychological therapies not been tried previously.



Incomplete recovery or major symptom change (new or worsening physical, psychological symptoms): refer to appropriate healthcare provider

Transfer to adult mental health services if a young person aged 17–18 has ongoing symptoms from a first episode that are not resolving or has, or is recovering from, a second or subsequent episode of depression