

Depression in adults: choosing a first-line treatment for less severe depression

If the person has **no preference**: move clockwise from the start (>) around the cycle of options, and reach a shared decision on which treatment to try first

If the person has a **clear preference**, or **experience from previous treatment** to use as a guide: support the person's choice, unless there are concerns about suitability for this episode of depression

Do not routinely offer antidepressants as a first-line treatment, unless that is the person's preference

