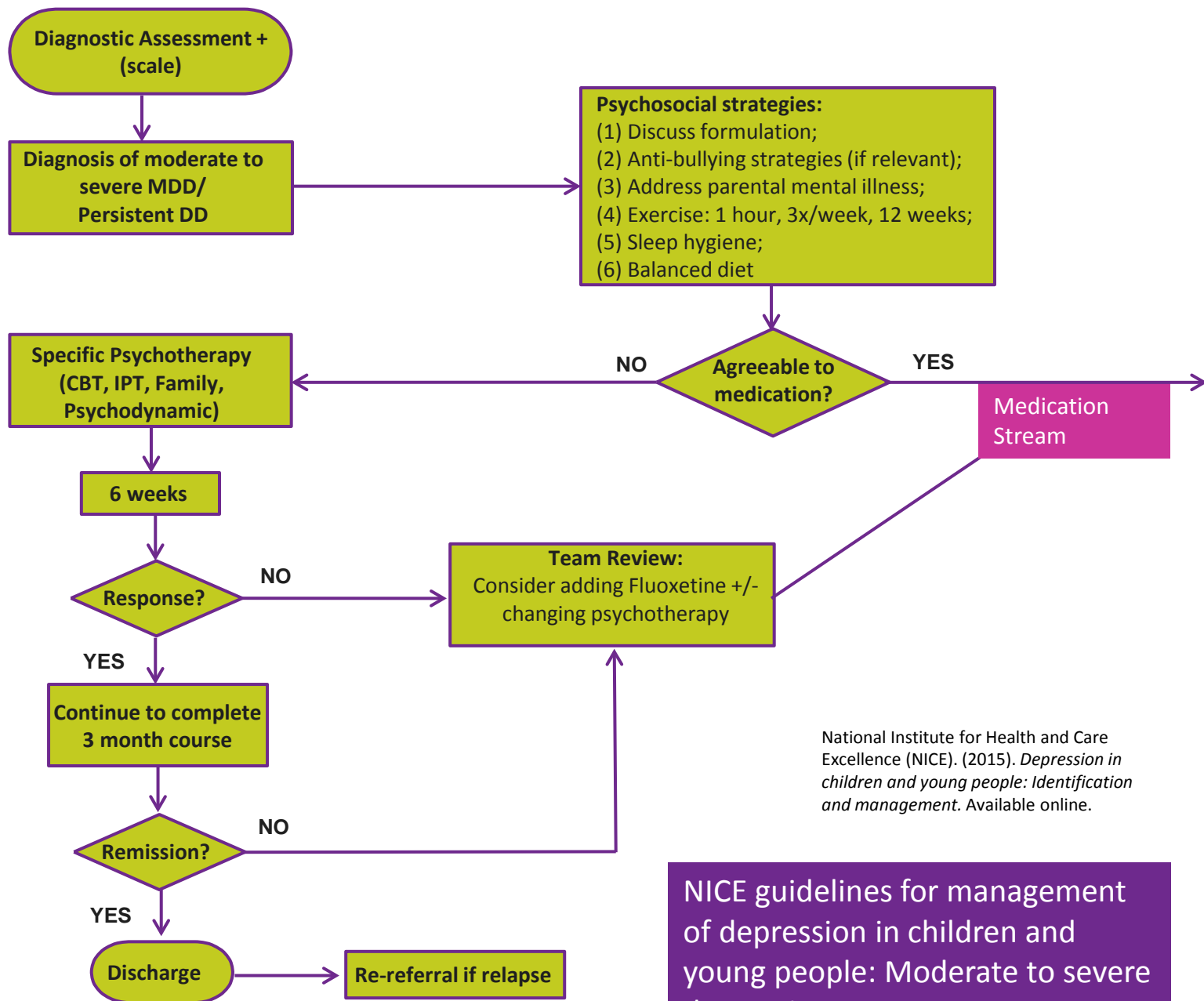


NOTE: This algorithm has been developed by a team at the Cundill Centre, based on the team's understanding of the NICE guidelines. The algorithm has not been reviewed by the National Institute for Health and Care Excellence.

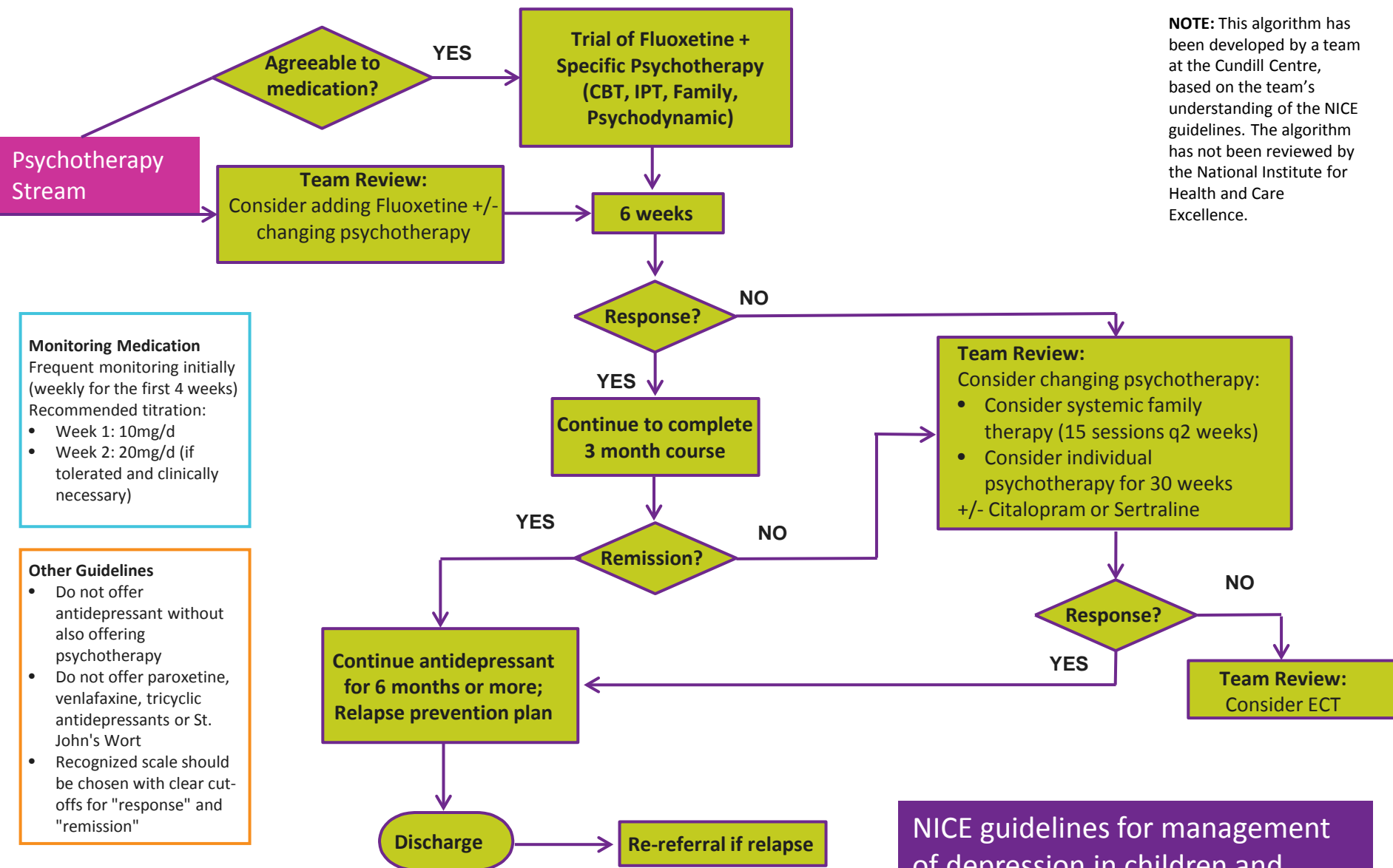


Recognized scale should be chosen with clear cut-offs for "response" and "remission"

National Institute for Health and Care Excellence (NICE). (2015). *Depression in children and young people: Identification and management*. Available online.

NICE guidelines for management of depression in children and young people: Moderate to severe depression
 Psychotherapy Stream

NOTE: This algorithm has been developed by a team at the Cundill Centre, based on the team's understanding of the NICE guidelines. The algorithm has not been reviewed by the National Institute for Health and Care Excellence.



Monitoring Medication
Frequent monitoring initially (weekly for the first 4 weeks)
Recommended titration:

- Week 1: 10mg/d
- Week 2: 20mg/d (if tolerated and clinically necessary)

Other Guidelines

- Do not offer antidepressant without also offering psychotherapy
- Do not offer paroxetine, venlafaxine, tricyclic antidepressants or St. John's Wort
- Recognized scale should be chosen with clear cut-offs for "response" and "remission"

NICE guidelines for management of depression in children and young people: Moderate to severe depression
Medication Stream

National Institute for Health and Care Excellence (NICE). (2015). *Depression in children and young people: Identification and management*. Available online.