



Depression Management

Adult, Ambulatory Clinical Practice Guideline Pocket Guide

DEPRESSION MANAGEMENT GUIDELINE USE

Full Dartmouth-Hitchcock Depression Management Adult, Ambulatory Clinical Practice Guideline:

http://sitefinity.hitchcock.org/intranet/docs/default-source/d-h-knowledge-map-documents/depression_cpg_final.pdf?sfvrsn=2

Depression Management Adult, Ambulatory Clinical Practice Brief:

http://sitefinity.hitchcock.org/intranet/docs/default-source/d-h-knowledge-map-documents/depression_brief_final.pdf?sfvrsn=2

Patient Resources

- A D-H internet web-page will be built that summarizes information, self-help strategies, self-help groups, counseling resources, etc. for depression (below).
 - [Healthwise resources on D-H internet site](#): dozens of topics available
 - Other web resources
 - Information
 - www.nimh.nih.gov/health/topics/depression/index.shtml
 - www.psychiatry.org/patients-families/depression
 - www.suicidepreventionlifeline.org
 - Finding a therapist
 - <https://therapists.psychologytoday.com>
 - CBT based self-management
 - <http://www.moodjuice.scot.nhs.uk>
 - <https://moodgym.anu.edu.au/welcome>
 - <http://www.beatingtheblues.co.uk/patients/>
 - Apps
 - Pacifica- anxiety, stress and depression relief
 - MoodKit- CBT for depression, anxiety, anger management
 - Books
 - The Cognitive Behavioral Workbook for Depression- William Knauss, EdD
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Pathways & Guidelines: Clinical Practice Guideline and pathways are designed to assist clinicians by providing a framework for the evaluation and treatment of patients. This Clinical Practice Guideline outlines the preferred approach for most patients. It is not intended to replace a clinician's judgment or to establish a protocol for all patients. It is understood that some patients will not fit the clinical condition contemplated by a guideline and that a guideline will rarely establish the only appropriate approach to a problem.

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Depression Treatment in Adults Algorithm

