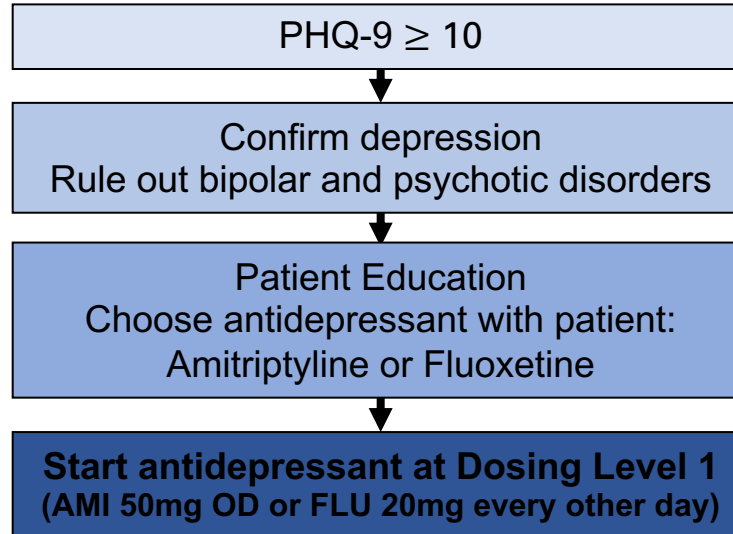


POSTER- Depression Treatment with Antidepressants

Choosing a Depression Treatment Plan

PHQ-9 Total Score	Interpretation	Depression Treatment Plan
0-4	No depression	None
5-9	Mild depression	Friendship Bench
10-27	Moderate to severe depression	Start antidepressant

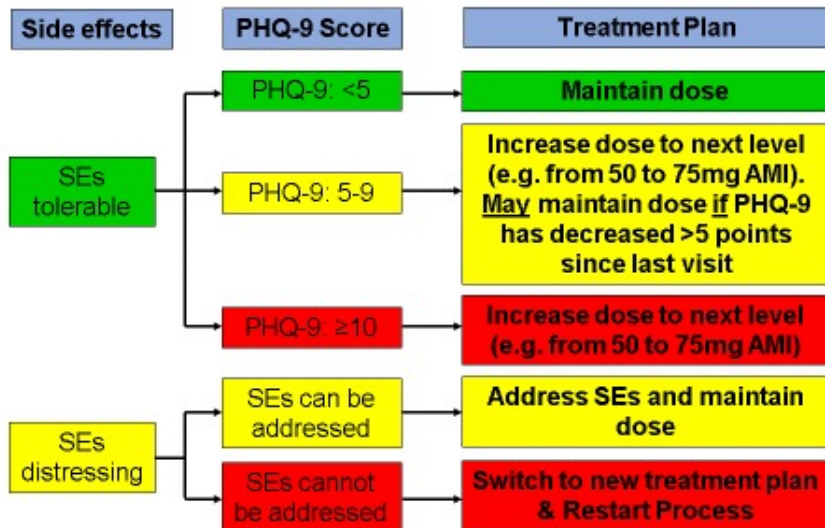
Starting an Antidepressant



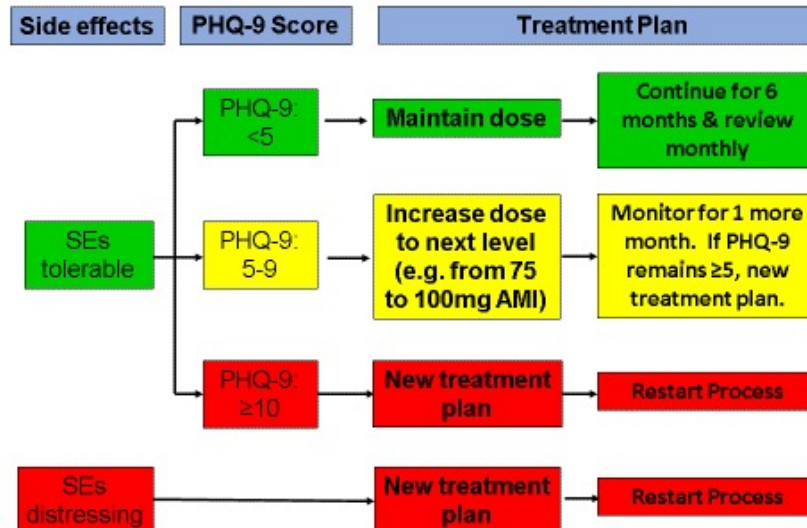
Antidepressant Dosing Levels

	Amitriptyline	Fluoxetine
Dosing Level 1 Initial Dose	50mg once daily at night	20mg on alternate days
Dosing Level 2	75mg once daily at night	20mg once daily
Dosing Level 3	100mg once daily at night	40 mg once daily
If patient is still depressed at Dosing Level 3, contact consulting psychiatrist		

Follow-up: Months 1 and 2



Follow-up: Month 3



Alternate Treatment Plans

If side effects cannot be addressed:	Consider: <ul style="list-style-type: none"> • Switching to different antidepressant • Switching to Friendship Bench • Contact consulting psychiatrist
If side effects are tolerable but patient remains depressed:	Consider: <ul style="list-style-type: none"> • Adding Friendship Bench • Switching to different antidepressant • Contact consulting psychiatrist