

Focus of Intervention	Nature of Intervention
<p><b>STEP 4:</b>  <b>Depression:</b> severe and complex depression, risk to life, severe self-neglect  <b>Generalised anxiety disorder:</b> complex treatment – refractory GAD and very marked functional impairment, such as self-neglect or a high risk of self-harm  <b>Panic disorder, OCD and PTSD:</b> severe disorder with complex comorbidities, or people who have not responded to treatment at steps 1–3</p>	<p><b>Depression:</b> Highly specialist treatment, such as medication, high intensity psychological interventions, combined treatments, multiprofessional and inpatient care, crisis services, electroconvulsive therapy.  <b>Generalised anxiety disorder:</b> Highly specialist treatment, such as complex drug and/or psychological treatment regimens, input from multi-agency teams, crisis services, day hospitals or inpatient care.  <b>Panic disorder, OCD and PTSD:</b></p>
<p><b>STEP 3:</b>  <b>Depression:</b> persistent subthreshold depressive symptoms or mild to moderate depression that has not responded to a low-intensity intervention, initial presentation of moderate or severe depression.  <b>Generalised anxiety disorder:</b> with marked functional impairment or that has not responded to a low-intensity intervention.  <b>Panic disorder:</b> moderate to severe  <b>OCD:</b> moderate or severe functional impairment.  <b>PTSD:</b> moderate or severe functional impairment.</p>	<p><b>Depression:</b> CBT, IPT, behavioural activation, behavioural couples therapy, counselling, short-term psychodynamic psychotherapy, antidepressants, combined interventions, collaborative care, self-help groups.  <b>Generalised anxiety disorder:</b> CBT, applied relaxation, drug treatment, combined interventions, self-help groups.  <b>OCD:</b> CBT (including ERP), antidepressants, combined interventions and case management, self-help groups.  <b>PTSD:</b> Trauma-focused CBT, EMDR, drug treatment.  <b>All disorders:</b> Support groups, befriending, rehabilitation programmes, educational and employment support services, referral for further assessment and interventions.</p>
<p><b>STEP 2:</b>  <b>Depression:</b> Persistent subthreshold depressive symptoms or mild to moderate depression  <b>Generalised anxiety disorder</b>  <b>Panic disorder:</b> mild to moderate  <b>OCD:</b> mild to moderate  <b>PTSD:</b> mild to moderate.</p>	<p><b>Depression:</b> Individual facilitated self-help, computerised CBT, structured physical activity, group-based peer support (self-help) programmes, non-directive counselling delivered at home, antidepressants, self-help groups.  <b>Generalised anxiety disorder and panic disorder:</b> Individual non-facilitated and facilitated self-help, psychoeducational groups, self-help groups.  <b>OCD:</b> Individual or group CBT including ERP (typically provided within step 3 services), self-help groups.  <b>PTSD:</b> Trauma-focused CBT or EMDR (typically provided within step 3 services).  <b>All disorders:</b> Support groups, educational and employment support services, referral for further assessment and interventions.</p>
<p><b>STEP 1:</b>  <b>All disorders:</b> known and suspected presentations of common mental health disorders.</p>	<p><b>All disorders:</b> Identification, assessment, psychoeducation, active monitoring, referral for further assessment and interventions.</p>

Figure 1. Adapted from National Institute for Clinical Excellence (2011) CMG41: Commissioning stepped care for people with common mental health disorders. Manchester: NICE. Available from <http://www.nice.org.uk/guidance/cm41>. CBT—Cognitive Behavioural Therapy, ERP—Exposure and Response Prevention; EMDR—Eye Movement Desensitisation and Reprocessing, OCD—Obsessive Compulsive Disorder, IPT—Interpersonal Therapy, PTSD—Post-Traumatic Stress Disorder. Reproduced with permission.