

# Identification and Treatment of Major Depressive Disorder (MDD) for Adults

## When to Consider Referring to a Mental Health Specialist

- Higher suicide potential
- Psychotic symptoms
- Lack of response to treatment
- Need for psychotherapy/counseling
- Higher level of severity
- Active co-occurring substance abuse
- Poor adherence/compliance
- Diagnostic uncertainty
- Management uncertainty
- Electroconvulsive therapy (ECT)
- Highly recurrent or chronic depression
- Patient or family request
- Complex cultural considerations
- Presence of significant psychosocial stressors or interpersonal difficulties

## Treatment – Remission is the Goal of Treatment

