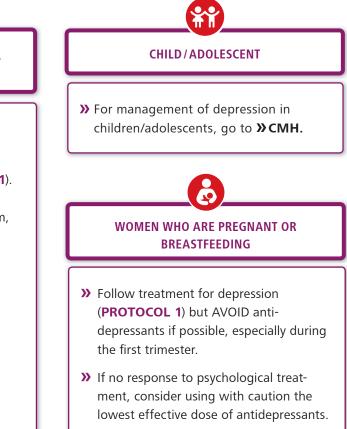
Special populations

Note that interventions may differ for these populations



If breastfeeding, avoid long acting medication such as fluoxetine.

» CONSULT A SPECIALIST, if available. 🐴

_____1 Depression

PROTOCOL

- Provide psychoeducation to the person and their carers. (2.1)
- » Reduce stress and strengthen social supports. (2.2)
- Promote functioning in daily activities and community life. (2.3)
- » Consider antidepressants. (2.5) •
- If available, consider referral for one of the following brief psychological treatments: interpersonal therapy (IPT), cognitive behavioural therapy (CBT), behaviour activation and problemsolving counselling. (2.4)
- >> CO NOT manage the symptoms with ineffective treatments, e.g. vitamin injections.
- » Offer regular follow-up. 🤃

Depression in Bipolar Disorder

PROTOCOL

- » Consult a specialist. 🐴
- If a specialist is not immediately available, follow treatment for depression (PROTOCOL 1). However, NEVER prescribe antidepressants alone without a mood stabilizer such as lithium, carbamazepine or valproate because antidepressants can lead to mania in people with bipolar disorder (Go to »PSY).
- If symptoms of mania develop, tell the person and the carers to stop the antidepressant immediately and return for help.