



**Step 5:** Combined treatment, medication, ECT, MHA

**Step 4:** Complex interventions, combined treatment, medication, higher risk, severe symptoms

**Step 3:** Medication, psychological interventions, counselling, self help, therapy

**Step 2:** Guided self help, CCBT, brief psychological intervention, advice, face to face support, group therapy, phone support

**Step 1:** Watchful waiting, awareness, screening, promotion, self help, recognition, assessment