



# ask masi Treatment Pathway

Based on the CANMAT and SOGC guidelines.

For moderate-severe symptom severity, combine therapy with medications.  
Maintain pre-existing medications; avoid abrupt discontinuation.

	MILD	MODERATE	SEVERE
<b>Overall assessment of severity</b>	Symptoms meet diagnostic criteria, intensity is distressing but manageable, some interference with function	Symptom number, intensity, and impact on function are all significant but main/basic functions are maintained	Mental distress is substantial, unable to maintain main/basic functions without help from others
<b>Lifestyle, psychosocial, or complementary or alternative interventions</b>			
<b>Psychological interventions</b>	When other options are not available		
<b>Pharmacological or other somatic interventions (eg: electroconvulsive therapy)</b>		Dependent on patient, bipolar disorder, psychosis, or other high-risk conditions	
<b>Care Setting</b>	Community & primary care	Primary & specialist care	Specialist Care

**ATTENTION**

Referral to psychiatry especially for bipolar risk, postpartum psychosis, or serious illness.

Safety planning for suicidal ideation

Also consider patient preference, previous response to treatment, and treatment availability