

If there is more than one disorder present:

- best to treat an alcohol problem first, if present
- if low mood, treatment for depression takes priority over anxiety or unexplained somatic complaints
- if anxiety symptoms present, treatment for anxiety takes priority over unexplained somatic complaints. The latter increase in the presence of depression or anxiety.

If patient has an identified disorder:

- see relevant guideline to help determine treatment plan
- use relevant interactive summary card(s), if available, with the patient to help explain the disorder
- provide self-help leaflets, if available, and explain how this should be used
- set up a follow-up visit(s) to review treatment.

If patient appears to have sub-threshold disorder(s):

(ie positive responses to many questions, but not enough to fulfil the diagnostic criteria for a disorder):

- medication may not be necessary
- use the relevant 'Advice and support to patient and family' section of the guidelines and provide patient leaflets, if available
- use relevant interactive summary card(s), if available, with the patient to help explain the disorder
- indicate that you are available for consultation should the need arise.