

Health care practitioners



Be proactive in recognising early the risks and consequences of depression

Learn about the many presentations of depression —and about the lived experience of the illness

Personalise your approach — “one-size” does not “fit all”

Prioritize the therapeutic alliance — engage families where appropriate and provide care with dignity and without stigma

Practice collaborative care, working with patients and other providers to achieve optimal outcomes



WORLD
PSYCHIATRIC
ASSOCIATION



THE AGA KHAN UNIVERSITY



Brain & Mind Institute
from neuron to neighbourhood



UNIVERSITY OF ZIMBABWE