Depression: reference guide

Canadian-first sources and editorial limitations

General health information only. This page does not diagnose a condition or replace an assessment by a qualified clinician.

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Canadian sources are listed first. International sources supplement rather than replace Ontario guidance.

Source group	Best use in this draft
Ontario Health	Provincial quality statements and patient-conversation prompts
CAMH / ConnexOntario	Ontario patient education, safety and service navigation
Canadian Task Force	Canadian screening recommendation and symptom-aware assessment
CPA / CFPC / CANMAT	Canadian assessment, stepped care and treatment discussion background
APA / NIMH / USPSTF	U.S. comparison for symptoms and screening-system context
NICE / NHS	U.K. comparison for shared decision-making, treatment and perinatal care
WHO / NCBI Bookshelf	Global and academic background

Source links

https://www.ontariohealth.ca/content/dam/ontariohealth/documents/filter-list/qs/qs-major-depression-quality-standard-2025-en.pdf

https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/depression

https://canadiantaskforce.ca/guidelines/topic/depression-in-adults/

https://journals.sagepub.com/doi/pdf/10.1177/07067437241245384

https://www.psychiatry.org/patients-families/depression/what-is-depression

https://infocenter.nimh.nih.gov/sites/default/files/publications/depression.pdf

https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults

https://www.nice.org.uk/guidance/ng222/resources/depression-in-adults-treatment-and-management-pdf-66143832307909

https://www.nice.org.uk/guidance/cg192/resources/antenatal-and-postnatal-mental-health-clinical-management-and-service-guidance-pdf-35109869806789

https://www.nhs.uk/mental-health/conditions/clinical-depression/overview/

https://www.who.int/news-room/fact-sheets/detail/depression

https://www.ncbi.nlm.nih.gov/books/NBK559078/

Limitations

This guide does not diagnose, calculate personal risk, recommend a medication or promise an outcome. Clinical review is pending.

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