

# Depression Care Pathway

Tips for using the  
Adult Depression Care Pathway

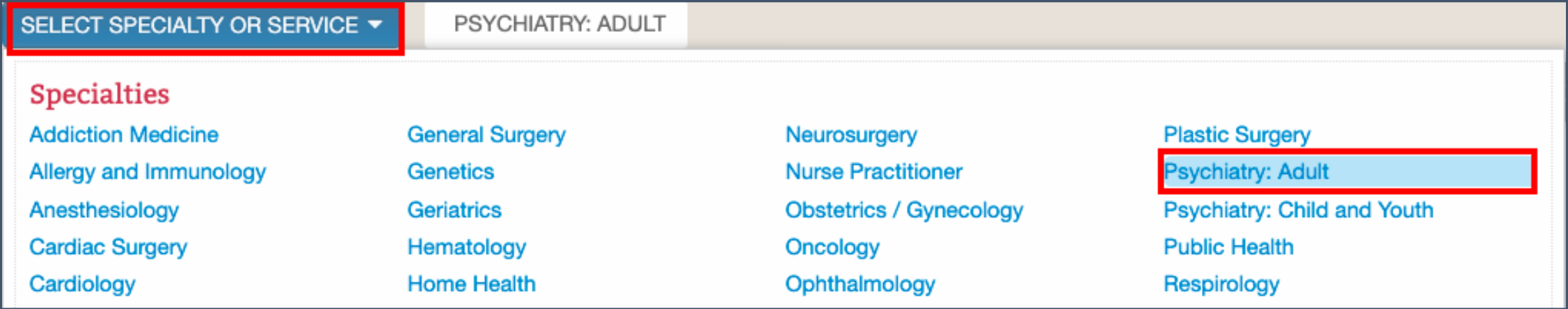
With built-in links to Mental Health services & resources EVERYWHERE in BC

Created by a Shared Care Project in Fraser Northwest

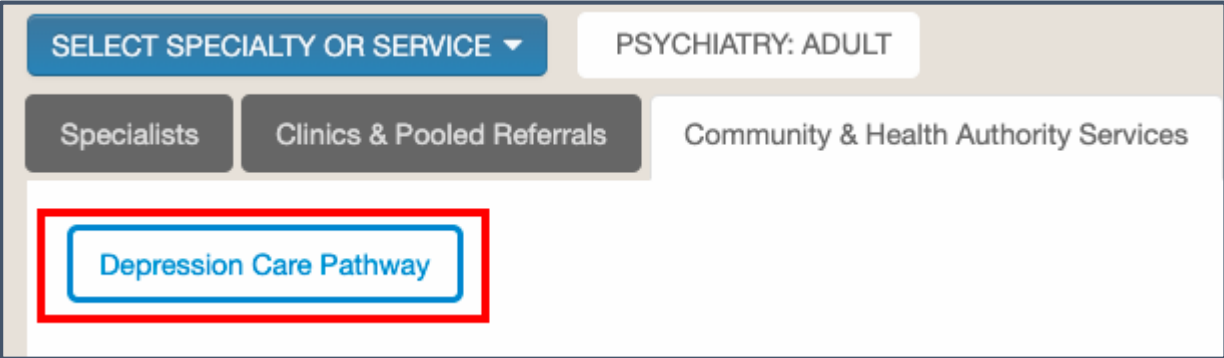


# How to Find the Depression Care Pathway on Pathways

1. Log into [Pathwaysbc.ca](http://Pathwaysbc.ca) → Select “Psychiatry: Adult” under the specialty drop down menu



2. Click the button at the top “Depression Care Pathway”

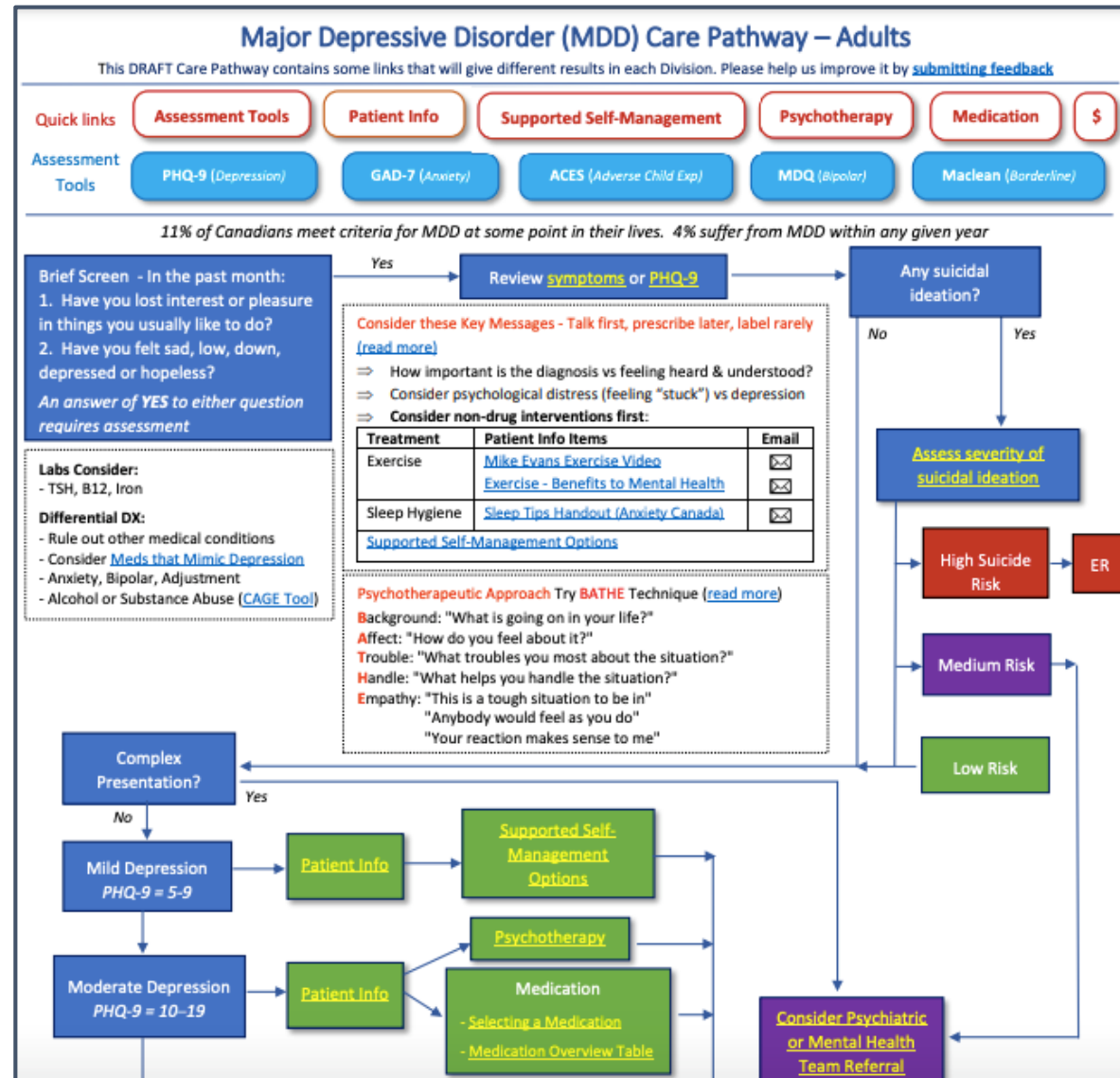


OR

Type DEPRESSION PATHWAY in the search bar

The screenshot shows a dark grey navigation bar at the top with the following items: Home, Admin (with a 1/15 indicator), Resources, Forms, Favourites, and You. A search bar on the right contains the text "depression pathway". Below the navigation bar is a filter section with a "Show Me" button and several filter buttons: Everything, Specialists, Clinics, Community & HA Services, Physician Resources, Patient Info, Areas of Practice, and Forms. Below this is an "In" section with "My Regional Divisions" and "All Divisions" buttons. A dropdown menu is open, showing "Physician Resources: Care Pathway / Algorithm" and "Depression Care Pathway - Adult".

# The Depression Care Pathway



Direct link:

<https://pathwaysbc.ca/ci/5461>

# Consider These Key Messages: Talk First, Prescribe Later, Label rarely

Read more

[An evidence-based first consultation for depression: nine key messages](#)

Read more

[The BATHE technique for brief Psychotherapy in Primary Care](#)

Consider these Key Messages - Talk first, prescribe later, label rarely

[\(read more\)](#)

- ⇒ How important is the diagnosis vs feeling heard & understood?
- ⇒ Consider psychological distress (feeling “stuck”) vs depression
- ⇒ **Consider non-drug interventions first:**

Treatment	Patient Info Items	Email
Exercise	<a href="#">Mike Evans Exercise Video</a>	✉
	<a href="#">Exercise - Benefits to Mental Health</a>	✉
Sleep Hygiene	<a href="#">Sleep Tips Handout (Anxiety Canada)</a>	✉
<a href="#">Supported Self-Management Options</a>		

**Psychotherapeutic Approach** Try **BATHE** Technique [\(read more\)](#)

**Background:** "What is going on in your life?"

**Affect:** "How do you feel about it?"

**Trouble:** "What troubles you most about the situation?"

**Handle:** "What helps you handle the situation?"

**Empathy:** "This is a tough situation to be in"

"Anybody would feel as you do"

"Your reaction makes sense to me"

# Quick Link Buttons

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Quick links	<a href="#">Assessment Tools</a>	<a href="#">Patient Info</a>	<a href="#">Supported Self-Management</a>	<a href="#">Psychotherapy</a>	<a href="#">Medication</a>	<a href="#">\$</a>
Assessment Tools	<a href="#">PHQ-9 (Depression)</a>	<a href="#">GAD-7 (Anxiety)</a>	<a href="#">ACES (Adverse Child Exp)</a>	<a href="#">MDQ (Bipolar)</a>	<a href="#">Maclean (Borderline)</a>	

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Quick links

Assessment Tools

Patient Info

Supported Self-Management

Psychotherapy

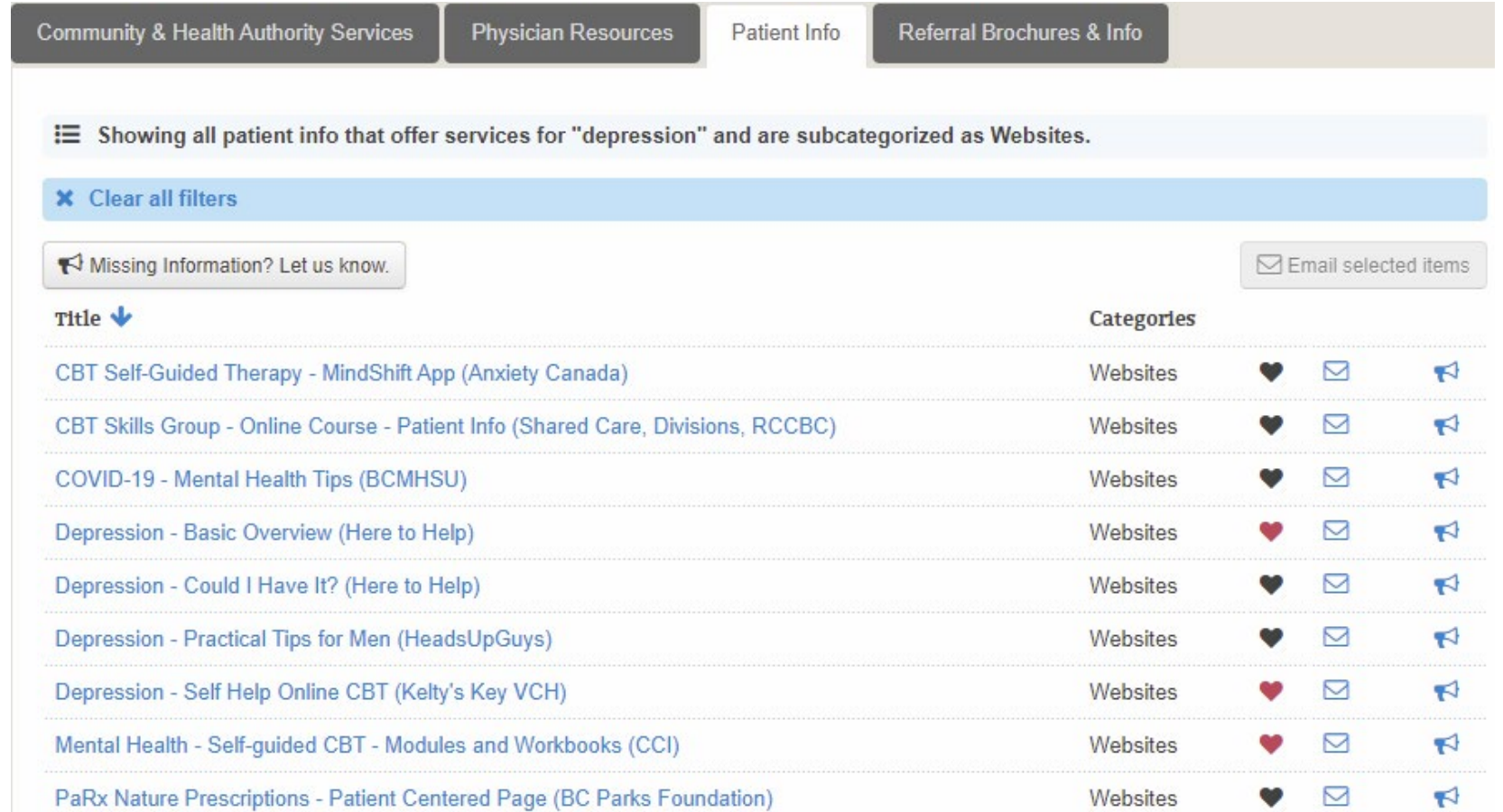
Medication

\$

## Quicklink button to Patient Info

Takes you to a prefiltered page of patient info including: websites, handouts, videos

Note you can click on the envelope icon to email the resource to the patient directly from Pathways



Community & Health Authority Services Physician Resources Patient Info Referral Brochures & Info

Showing all patient info that offer services for "depression" and are subcategorized as Websites.

Clear all filters

Missing Information? Let us know. Email selected items

Title ↓	Categories			
<a href="#">CBT Self-Guided Therapy - MindShift App (Anxiety Canada)</a>	Websites	♥	✉	🔔
<a href="#">CBT Skills Group - Online Course - Patient Info (Shared Care, Divisions, RCCBC)</a>	Websites	♥	✉	🔔
<a href="#">COVID-19 - Mental Health Tips (BCMHSU)</a>	Websites	♥	✉	🔔
<a href="#">Depression - Basic Overview (Here to Help)</a>	Websites	♥	✉	🔔
<a href="#">Depression - Could I Have It? (Here to Help)</a>	Websites	♥	✉	🔔
<a href="#">Depression - Practical Tips for Men (HeadsUpGuys)</a>	Websites	♥	✉	🔔
<a href="#">Depression - Self Help Online CBT (Kelty's Key VCH)</a>	Websites	♥	✉	🔔
<a href="#">Mental Health - Self-guided CBT - Modules and Workbooks (CCI)</a>	Websites	♥	✉	🔔
<a href="#">PaRx Nature Prescriptions - Patient Centered Page (BC Parks Foundation)</a>	Websites	♥	✉	🔔



Quick links

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## Quicklink button to Supported Self Management

Takes you to these options

- Self-Guided Online
- Live Interactive Options
- 24/7 crisis lines
- Free and low cost 1:1 counselling options

Note you can click on the envelope icon to email the resource to the patient directly from Pathways

Self-Management		
Self-Guided Online	Email	
<a href="#">Depression - Self Help Online CBT (Kelty's Key VCH)</a>	✉	
<a href="#">CBT Self-Guided Therapy - MindShift App (Anxiety Canada)</a>	✉	
<a href="#">Depression - Supported Self Management (Antidepressant Skills Workbook SFU)</a>	✉	
<a href="#">Mental Health - Self-guided CBT - Modules and Workbooks (CCI)</a>	✉	
<a href="#">Nature RX</a> Nature walks for mood	✉	
Live / Interactive Online, Phone or Text Support Programs	Email	Referral Forms
<a href="#">Bounce Back</a>	✉	<a href="#">pdf</a>   <a href="#">Oscar</a>   <a href="#">Profile</a>
1:1 Telephone coaching		
<a href="#">CBT Group Skills Online</a>	✉	<a href="#">pdf</a>   <a href="#">Oscar</a>
Live online group CBT, 8wks (\$65 no-show deposit, refunded if attend sessions.)		
<a href="#">Wellness Together Canada - Mental Health Support and Addictions Support [Government of Canada]</a> Text or phone-based support available 24/7	✉	
<a href="#">Mood Gym</a>	✉	
Online interactive self-guided modules (\$39)		
24/7 Crisis Line	Email	
<a href="#">Distress Phone Services - 24/7 emotional support [Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre)]</a>	✉	

Psychotherapy Options		
Free and Low Cost 1:1 CBT Counselling	Email	Referral Forms
<a href="#">View 1:1 Free &amp; Low Cost 1:1 CBT Counselling Options in Your Area</a>		
Note that you can email individual counselling programs or a bundle of several options from the link above.		
Postpartum patients		
<a href="#">Postpartum Anxiety and Depression Support [Pacific Postpartum Support Society]</a>	✉	
Indigenous patients		
- <a href="#">List of Emailable Aboriginal Wellness Programs</a>		
- <a href="#">List of Emailable First Nation Support Helplines</a>		
Note that you can email individual counselling programs or a bundle of several options from the links above.		
PCN Mental Health Support & Counselling Options (where available)		
<a href="#">View PCN Mental Health Counselling Options in Your Area</a>		<a href="#">PCN referral forms</a>
Note: only a few divisions have this service available		Where available



Quick links

Assessment Tools

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## Quicklink button to Medication

Takes you to: Questions to help in selection of antidepressant

Note you can click on the envelope icon to email the resource to the patient directly from Pathways

Medication <a href="#">View Full Table of Antidepressant Medications and Side Effects (Adults)</a>	
Choosing an Antidepressant - Questions <small>Source: Ottawa Depression Algorithm</small>	Consider...
Has the patient responded to a particular antidepressant in the past?	<a href="#">using that antidepressant</a>
Has there been a family history of response to a certain antidepressant?	<a href="#">using that antidepressant</a>
Is the patient on multiple medications?	<a href="#">Citalopram (Celexa)</a> <a href="#">Escitalopram (Ciprallex)</a> <a href="#">Venlafaxine (Effexor)</a> <a href="#">Desvenlafaxine (Pristiq)</a> <a href="#">Mirtazapine (Remeron)</a>
Is there chronic pain?	<a href="#">Duloxetine (Cymbalta)</a> <a href="#">Venlafaxine (Effexor)</a>
Is there cardiovascular illness?	<a href="#">Sertraline (Zoloft)</a>
Is there poor sleep, poor appetite, weight loss?	<a href="#">Mirtazapine (Remeron)</a>
Does the patient want to minimize the risk of sexual side effects?	<a href="#">Bupropion (Wellbutrin)</a> <a href="#">Vilazadone (Viibryd)</a> <a href="#">Vortioxetine (Trintellix)</a> - at doses of 10 mg and below
Is the patient a child/youth (age < 18)?	<a href="#">Fluoxetine (Prozac)</a>
Is the patient in the perinatal period?	<a href="#">Sertraline (Zoloft)</a> For more information, visit <a href="#">MotherToBaby</a>
Is cost an issue?	<a href="#">Citalopram (Celexa)</a> <a href="#">Escitalopram (Ciprallex)</a> <a href="#">Sertraline (Zoloft)</a> <a href="#">Mirtazapine (Remeron)</a> <a href="#">Bupropion (Wellbutrin)</a> <a href="#">Venlafaxine (Effexor)</a>
Patient preference	
Otherwise, choose...	<a href="#">Any SSRI or SNRI</a>
<a href="#">Link to Table of Antidepressant Medications (Adults)</a> <small>Source: Ottawa Depression Algorithm</small>	

Medications That Mimic Mood Disorders <small>Source: GPAC Major Depressive Disorder in Adults Guidelines, page 7</small>		<b>SIGECAPS</b> is a mnemonic for DSM-5 symptoms of major depressive disorder.  S – Sadness (depressed mood) S – Sleep disturbance (insomnia, hypersomnia) I – Interest reduced (anhedonia)
Class	Selected Agents	
Central nervous system (CNS) meds	<ul style="list-style-type: none"> <li>• Anticonvulsants (e.g., barbiturates, vigabatrin, topiramate)</li> <li>• Antiparkinsonian drugs (e.g., levodopa, amantadine)</li> <li>• Anti-migraine agents (e.g., flunarizine)</li> </ul>	<b>Controversy in Care:</b> a connection between the use of beta-blockers and depression has been

Quick links

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Quicklink button \$  
Takes you to  
Billing Information  
About billing for prolonged  
counselling

\$ Billing for Prolonged Counselling Visits

**KEY POINT**

Ensure you have read all the fee details of any fee before billing it.

Click on the [blue links](#) below to read the full fee descriptions on the [BC Family Doctors website](#).  
(Membership required for log in)

See an overview of all Mental Health fees [here](#) and then click for the details of each.

**14043 Mental Health Planning**

\$100

- Can be done at any time that the effect of the patient's mental health condition is significant enough to warrant the development of a care plan
- Once per year max.
- Payable upon the completion and documentation of a care plan (as defined in the [GPSC Preamble](#)) in the patient's chart for patients with a confirmed eligible mental health diagnosis.
- 14043 is no longer a pre-requisite for being able to bill the 1404 series of MH Counselling/Management visits below.

Age	<a href="#">00120 Counselling</a> (in office) <a href="#">13*38 Telehealth Counselling</a> <i>Max 4x/yr/patient any combo of above</i>	<a href="#">1404* MH Management</a> <i>Use once 4 x00120 series and/or telehealth counselling is used up</i>	Value
2-49	<b>00120</b> or for telehealth <b>T13438</b>	<b>14044</b>	\$56.41
50-59	<b>15320</b> or for telehealth <b>T13538</b>	<b>14045</b>	\$62.05
60-69	<b>16120</b> or for telehealth <b>T13638</b>	<b>14046</b>	\$64.86
70-79	<b>17120</b> or for telehealth <b>T13738</b>	<b>14047</b>	\$73.32
80+	<b>18120</b> or for telehealth <b>T13838</b>	<b>14048</b>	\$84.60

Encounter Codes for Use When Paid by Contract

Encounter codes for counselling	<b>97504</b> (in person) <b>97518</b> (telehealth)
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# Feedback? Questions?

✉ Cindy Young at [cindy.young@fnwdivision.ca](mailto:cindy.young@fnwdivision.ca)

or

Fill out the feedback survey linked at the top of the care pathway, or [here](#)

