

Step 1:	Step 2:	Step 3:	Step 4:
Watchful waiting	Guided Self-help	Problem Solving Treatment face-to-face	Psychotherapy or medication

Example of
number of
patients

in: 100
(recovered) out: 30

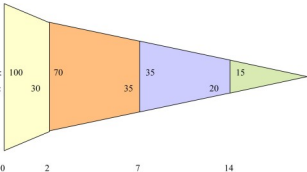


Figure 1. Schematic overview of the stepped care programme.