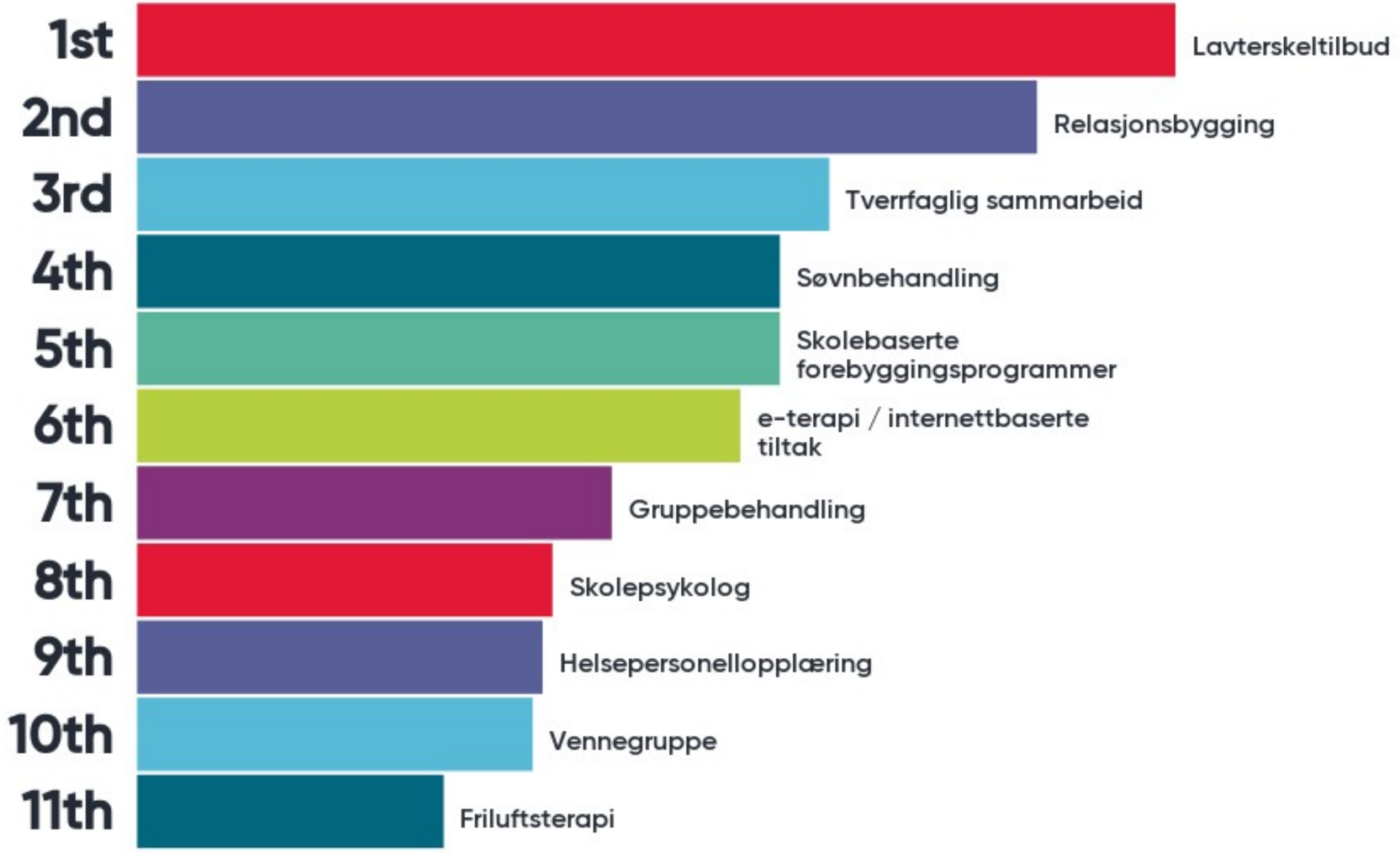Behandlingsformer depresjon MHU