

# Depression

May 2021

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## **COVID-19**

### [Mental health difficulties commonly reported by ICU staff during the pandemic](#)

Results of a recent survey study on self-reported mental health problems in ICU staff working during the COVID-19 pandemic.

### [Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\)](#) (Updated 22 April 2021)

This guide provides advice on how to look after your mental health and wellbeing during the COVID-19 pandemic.

### [Fears Covid anxiety syndrome could stop people reintegrating](#)

Scientists have expressed concern that residual anxiety over coronavirus may have led some people to develop compulsive hygiene habits that could prevent them from reintegrating into the outside world, even though Covid hospitalisations and deaths in the UK are coming down.

### [One in four say mental health worsened after receiving NHS treatment remotely](#)

A new report - '[Trying to Connect](#)' - looks at people's experiences of accessing mental health treatment remotely via phone or online during the pandemic. Mind's survey of almost 2,000 people reveals that more than one in three (35%) found support from NHS mental health services given over the phone or online difficult to use, and one in four (23%) say their mental health actually got worse as a result of using this support.

## **Cochrane Reviews**

### [Antidepressant discontinuation and continuation](#)

This post explores a recent [Cochrane review](#) on antidepressant discontinuation versus continuation for adults with depression or anxiety, which highlights uncertainty about antidepressant withdrawal.

### [Antidepressants for people with epilepsy and depression](#)

There is very limited evidence that antidepressants decrease depressive symptoms more than other treatments, placebo, or no treatment in epilepsy. There was limited information on the effect of antidepressants on seizure control, however in the studies reporting this outcome there did not appear to be any significant worsening of seizures.

## **Systematic Review**

### [Meditation and mindfulness can help us and harm us, but how common are adverse events?](#)

This reports on a systematic review which finds that meditation may lead to adverse events, particularly psychiatric adverse events.

## **Paper**

### [Living in anxious times? The rise of anxiety disorders in the UK](#)

A recent paper finds that generalised anxiety disorder is on the rise in the UK, especially among young women.

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## Position Statement

### [Detention of people with mental disorders in immigration removal centres](#)

People in Immigration Removal Centres (IRCs) are more vulnerable to mental illness because of the environment that they are being held in and the traumatic experiences that they have often experienced in their life. This Position Statement makes clear that irrespective of their immigration status, they must be provided with the best care for the condition possible and in the case of those with significant mental illness, that is not in an Immigration Removal Centre. The Statement makes a number of recommendations on how progress can be made in achieving this objective.

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