

# Depression

## Covid-19

[Coming out of lockdown: staying safe and managing anxiety](#) British Heart Foundation information on staying safe as we prepare for lockdown restrictions to end across the UK.

[Signs of hope for British teenagers' mental health but loneliness and anxiety remain high: New findings from long-term study](#) The easing of lockdown seems to have helped many British teenagers' mental health but loneliness and anxiety remain extremely common, according to new research by the Mental Health Foundation and Swansea University

## Systematic Reviews

[Depression among healthcare workers in the Eastern Mediterranean Region: a systematic review and meta-analysis](#) Fostering a compassionate and empathetic environment is critically important to building a resilient healthcare system. Generating high-quality regional data from longitudinal studies on mental health will further contribute to a better understanding and management of depression among EMR HCWs.

[Joining the dots: how can we support all young people to seek help for their mental health problems?](#) A look at a [systematic review](#) which examines barriers, facilitators and interventions for helpseeking in adolescents, and describes an Emerging Minds placement on characterising peersupport via the Childline online message-boards.

[Exercise can help reduce depressive symptoms in people who are not clinically depressed](#) Summary of a recent [systematic review](#) and meta-analysis exploring the effectiveness of exercisebased interventions in reducing depressive symptoms in people without clinical depression.

## Studies

[Does shame in childhood affect the risk of adolescent depression and anxiety?](#) Discussion of a recent twin study on the aetiology of shame and its association with adolescent depression and anxiety.

[“Tell Me Your Story”: using Narrative Exposure Therapy to help youth with PTSD](#) Exploration of a case study which provides very early evidence that adapted narrative exposure therapy may be helpful in treating PTSD in adolescents.

## News

[NHS England proposes new mental health access standards](#) Proposals could ensure that patients requiring urgent care will be seen by community mental health crisis teams within 24 hours of referral, with the most urgent getting help within four hours. Mental health liaison services for those who end up in A&E departments would also be rolled out to remaining sites across the country.

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