

Depression medication
therapy resources **anxiety**
mood disorder counselling stress CBT bipolar worry self-help panic
research



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Studies

[Associations of household food insufficiency with childhood depression and anxiety: a nationwide cross-sectional study in the USA](#)

Household food insufficiency (HFIS) was independently associated with depression and anxiety among US children. Girls presented slightly greater vulnerability to HFIS in terms of impaired mental health. Children identified as food-insufficient may warrant mental health assessment and possible intervention.

[Isolation and loneliness in women living with perinatal depression: how can we heal our dislocated self and relationships?](#)

Review of a qualitative study exploring the role of isolation and loneliness in the narratives of women diagnosed with perinatal depression.

Resources

[Mental health foundation releases new downloadable school packs to mark youth mental health day](#)

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News

[Strain on mental health care leaves 8m people without help, say NHS leaders](#)

The estimated figure, drawn up by mental health trusts and NHS Providers, underlines the gap between the growing need for care for anxiety, depression and other mental health problems, and the ability of the NHS to treat them.

[Veterans' mental health services to receive £2.7 million boost](#)

Armed forces veterans will benefit from extra support including extra mental health services thanks to a further £2.7 million funding.