

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



NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Cochrane Reviews

[Music interventions for improving psychological and physical outcomes in people with cancer](#)

This systematic review indicates that music interventions compared to standard care may have beneficial effects on anxiety, depression, hope, pain, and fatigue in adults with cancer.

[Ketamine and other glutamate receptor modulators for depression in adults with bipolar disorder](#)

This review found uncertain evidence in favour of a single intravenous dose of ketamine (as add-on therapy to mood stabilisers) over placebo in terms of response rate up to 24 hours, however ketamine did not show any better efficacy for remission in bipolar depression.

Meta-analysis

[Age at onset of mental disorders: global meta-analysis provides data for targeting effective interventions](#)

Summary of a comprehensive global meta-analysis that presents current knowledge on the age of onset of various mental disorders. This review has major implications for mental health promotion and prevention efforts.

Systematic Review

[Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic](#)

This pandemic has created an increased urgency to strengthen mental health systems in most countries. Mitigation strategies could incorporate ways to promote mental wellbeing and target determinants of poor mental health and interventions to treat those with a mental disorder. This paper argues that taking no action to address the burden of major depressive disorder and anxiety disorders should not be an option.

Study

[Are we Improving Access to Psychological Treatment for everyone?](#)

Review of a general population cohort study which suggests that recent migrants are less likely to use the Improving Access to Psychological Treatment programme.

Statistics

[Personal well-being in the UK: April 2020 to March 2021](#)

Estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety at the UK, country, regional, county and local authority level.

Briefing

[Youth Mental Health and Covid-19: 2021 Policy Lab, Briefing Note](#)

In a new policy briefing, a team of researchers at King's College London and Oxford University highlight the multiple effects that the COVID-19 pandemic has had on children and young people in the UK through their education and daily life, including challenges around social isolation, academic pressures, adjusting to online learning and coping with reopening of schools.

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