

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

21 January 2022

Systematic Reviews

[Why doesn't parent involvement help treat children with anxiety?](#)

Summarises a systematic review finding that parental involvement in therapy doesn't help treat children with anxiety.

[Virtual reality biofeedback interventions for treating anxiety A systematic review, meta-analysis and future perspective](#)

The study found that VR biofeedback significantly lowers self-reported anxiety ($g = -0.28$) and HR ($g = -0.45$), but not heart rate variability (HRV). Furthermore, there were no significant differences in outcomes between VR biofeedback and 2D biofeedback but a significant reduction in HR in the VR biofeedback group compared with the waiting list.

[The effectiveness of gaming interventions for depression and anxiety in young people: systematic review and meta-analysis](#)

There is preliminary evidence to suggest that gaming interventions are an effective treatment for youth depression, but not anxiety. Further research is warranted to establish the utility, acceptability and effectiveness of gaming interventions in treating mental health problems in young people.

Studies

[Why don't people receive a psychosocial assessment in emergency departments after self-harm?](#)

Discusses a recent qualitative study of patient and carer perspectives, which explores the reasons why some patients do not receive a psychosocial assessment in emergency departments following self-harm.

[Lamotrigine in the maintenance treatment of bipolar disorder](#)

Critically appraises and summarises a recent Cochrane systematic review, which presents the latest best evidence on the efficacy of lamotrigine in the maintenance treatment of bipolar disorder.

[Childhood trauma, bullying-victimisation and the mental health of LGBTQ+ individuals](#)

Reviews a study from the Netherlands that looks at the links between childhood trauma, bullying-victimization and mental illness in people from sexual minority groups.

[The relationship between sleep and depression and bipolar disorder in children and young people](#)

Sleep difficulties can occur before, during and after an episode of depression or bipolar disorder, and have a higher prevalence in affective disorders compared with the general population. A multi-modal approach would include the treatment of both the affective and specific sleep disorder. Further research is needed in this field to understand the impact of combined interventions on clinical outcomes.

[The mental health of NHS staff during the COVID-19 pandemic: two-wave Scottish cohort study](#)

HSCWs working in a remote area with low COVID-19 prevalence reported substantial levels of anxiety and depression, similar to those working in areas with high COVID-19 prevalence. Efforts to support HSCW mental health must remain a priority, and should minimise the adverse effects of working with, and disruption caused by, the COVID-19 pandemic.

[Follow](#)

[Website](#)

[Contact us](#)

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

21 January 2022

Briefing

[Everyday magic: How BBC Children in Need's A Million & Me projects are supporting 8-13 year olds' mental health](#)

Centre for Mental Health is working with A Million & Me to extract learning from the projects funded by the programme. This briefing presents the insights gathered from the first two years of the programme, alongside evidence on the mental health of children aged 8-13, and highlights the inequalities that need to be addressed to ensure all children are supported. It finds that within trusting, positive relationships, everyday conversations about mental health can equip children to learn about their mental wellbeing and reach out for help when they need it. It also finds that a holistic, partnership approach can build "scaffolding" to enhance children's mental health.

Guidance

[Depression: treatment during pregnancy](#)

Signposting evidence-based information on the treatment of depression in pregnancy.

News

[NHS launches landmark mental health campaign with 'Help!' from The Beatles](#)

Figures show that over 50% of people were concerned about their mental health last year. The NHS is encouraging anybody experiencing anxiety, depression, or other common mental health concerns to come forward and see how talking therapies can help them.

[Samaritans launches first university volunteering hub with Anglia Ruskin University](#)

Samaritans, the leading suicide prevention charity, is teaming up with Anglia Ruskin University (ARU) students as part of a new partnership aimed at developing more online and digital support services.