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NHS

Mersey Care
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Community and Mental Health Services

15 March 2022

Reviews

[Telemental health is promising as an effective and engaging alternative for in-person therapy](#)

Summarises a recent umbrella review from the Mental Health Policy Research Unit, which finds that telemental health is a promising alternative for in-person therapy.

[Self-disclosure and social media: review identifies two-way relationship with mental health](#)

Explores the relationship between self-disclosure of mental health and wellbeing in young people.

Cochrane Review

[Pharmacotherapy for post traumatic stress disorder \(PTSD\)](#)

The findings of this review support the conclusion that SSRIs improve PTSD symptoms; they are first-line agents for the pharmacotherapy of PTSD, based on moderate-certainty evidence.

Studies

[COVID-19 increased depression and anxiety disorders by >25% during 2020](#)

Summarises a recent study in The Lancet which estimates that worldwide COVID-19 increased depression and anxiety disorders by more than 25% in 2020.

[The prevalence, incidence, prognosis and risk factors for symptoms of depression and anxiety in a UK cohort during the COVID-19 pandemic](#)

The negative impact of the COVID-19 pandemic on mental health has persisted to some degree. Younger people and individuals with prior mental health disorders are at greatest risk. Easing of restrictions and resumption of social interaction could mitigate the risk factors of loneliness and positive mood.

[The effect of the COVID-19 pandemic on mental health in individuals with pre-existing mental illness](#)

Factors associated with worse mental health during the COVID-19 pandemic in individuals with pre-existing mental illness, in addition to specific groups potentially at elevated risk of poor mental health during the pandemic.

[Art therapy groups: many mental health patients are keen, but access remains limited](#)

reviews a cross-sectional study exploring the views and preferences of mental health service users about art therapy groups and treatment.

Research

[Mental health problems cost UK economy at least GBP 118 billion a year - new research](#)

Mental Health Foundation and London School of Economics and Political Science joint report examines the scale of costs. The report, 'The economic case for investing in the prevention of mental health conditions in the UK', makes the case for a prevention-based approach to mental health which would both improve mental wellbeing while reducing the economic costs of poor mental health.

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Reports

[Breathing space: how we help communities use, create and improve outdoor spaces](#)

This report explores the impact of projects and programmes to support the provision, maintenance and accessibility of outdoor spaces, giving people access to green spaces, sports facilities, gardens and more, wherever they live.

[Independent review of gender identity services for children and young people: Interim report](#)

Led by the paediatrician Hilary Cass, the interim report explains that the significant rise in referrals to the Gender Identity Development Service (GIDS) at the Tavistock and Portman NHS foundation trust in London has resulted in overwhelmed staff and waiting lists of up to two years that leave young people "at considerable risk" of distress and deteriorating mental health. The number of referrals to the service went from 138 in 2010-11 to 2,383 in 2020-21.

Statistics

[Coronavirus \(COVID-19\) latest insights](#)

Latest report from ONS found that levels of personal well-being remained below pre-pandemic levels.

Project

[Charities launch new project to boost maternal mental health services and protect mothers and their babies](#)

The project - Amplifying Maternal Voices – aims to improve mothers' and families' access to support for their mental health, and is a collaboration between the Mental Health Foundation and the Maternal Mental Health Alliance.

Booklet

[New resource published with support of the Mental Health Foundation](#)

The [36-page booklet](#), entitled 'It's Okay To Talk', has been put together by members of the Foundation's Health Team with the Mental Health Foundation to support participants and identify potential issues and coping mechanisms.

Advice

[Reassure children about Russia-Ukraine war with resilience tales, say experts](#)

Psychologists advise having age-appropriate conversations about nuclear weapons and staying optimistic.

News

[Boots to provide mental health care service for £65 per month](#)

Multiple pharmacy Boots has launched a private mental health service offering treatments for depression and anxiety for £65 per month.

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