

Depression

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Systematic Reviews

[Complex PTSD: 3 recent reviews yield clues about what helps](#)

Kirsten Barnicot summarises three recent systematic reviews exploring the most helpful interventions for people with complex PTSD.

[Resilience-enhancing interventions for antepartum depressive symptoms: systematic review](#)

Resilience-enhancing interventions might be beneficial for mental well-being of pregnant women with ADS, although more rigorously designed intervention studies are needed.

Meta-synthesis

[Navigating the long-term effects of Electroconvulsive Therapy \(ECT\): a qualitative meta-synthesis](#)

Amelia Talbot reviews a qualitative meta-synthesis on the long-term effects of Electroconvulsive Therapy (ECT) reported by people who have received it.

Report

[Royal College of Psychiatrists welcomes NCEPOD recommendations on integrating physical and mental health care](#)

The National Confidential Enquiry into Patient Outcome and Death (NCEPOD) have published [A Picture of Health? A review of the quality of physical healthcare provided to adult patients admitted to a mental health inpatient setting](#). The report provides advice and recommendations which will support mental health in-patient settings in considering how they meet patients' physical as well as mental health needs.

News

[Improving Access to Psychological Therapies \(IAPT\) programme](#)

We explore how access to the IAPT programme has changed over time in England.

[Loneliness affects mental health of millions, yet many feel ashamed to talk about it](#)

Millions of people's mental health are harmed by loneliness, yet more than one third (35 per cent) of those surveyed say they would never admit to being lonely and one quarter (25 per cent) say they feel ashamed about being lonely.

[Increased mental health support for children and young people](#)

The Department for Education has announced a further £7 million for schools and colleges to train a senior mental health lead, bringing the total amount of funding for 2022/23 to £10 million.

[Health and Social Care Secretary urges black communities to respond to mental health call for evidence](#)

The government is seeking views from the public, as well as the sector on what can be improved within current services, and what more can be done to prevent suicides – particularly in light of the pandemic which has led to record levels of people seeking treatment and accessing support. Currently, only 12% of responses are from people from an ethnic minority background, with only 1% from black backgrounds – everyone is being urged to come forward and share their experiences so they are represented and the new plan works for everyone.