

Depression

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



20 June 2022

Studies

[The Relationship Between Availability and Changes to Perceived Workplace Support and Their Impact on the Mental Health, Well-being and Burn-Out of Healthcare Professionals \(HCP\): Insight and Mitigating Strategies From the CoPE-HCP Cohort Study](#)

A consistent association was observed between level of WS and the mental health of HCPs and non-HCPs. Improved WS was associated with improved mental health scores over a four-month period during the pandemic.

[Metabolic Effects of Antidepressants; Is It Time to Change the Conversation?](#)

A known iatrogenic risk of antidepressant medication is weight gain, dyslipidemia, increasing risk of impaired fasting glycaemia and diabetes. Careful counselling and metabolic risk assessment is required when initiating these medications. Throughout the length of prescribing patients need re-assessment of their cardiovascular and diabetes risk with timely referral to weight management services to counterbalance metabolic risks.

[Developing a New Neuromodulation Treatment Pathway for the Treatment of Depression](#)

We have managed to treat patients with both VNS and rTMS from our Trust, as well from surrounding areas. Patients have already experienced benefits in the recovery from symptoms. The new service has provided another line of support for colleagues in offering bespoke treatment plans to their patients and patients have appreciated having access to new non-traditional treatment options.

[Follow-Up of New SSRI Prescriptions for Depression and Anxiety in Primary Care](#)

The audit found that the median time to initial follow-up was 14.5 days for patients aged 18–30 years with only 12% compliant with the NICE recommendation of 1 week to follow-up. The median time to initial follow-up was 17.5 days for patients aged >30 years with only 19% compliant with the NICE recommendation of 2 weeks to follow-up. There were no significant differences in follow-up between males and females. 96% and 77% of initial consultations included a documented suicide risk assessment for patients aged 18–30 years and >30 years respectively. 88% of the new SSRI prescriptions were for sertraline 50 mg.

[A Quality Improvement of the Identification of Obesity in Patients With Mental Health Morbidity and Referral to Weight Management Services](#)

Of the SMI and depression register 189 (32%) patients met the criteria for referral to the weight management program. Of these 154 (81%) patients accepted the local NHS weight management program, 35 (18%) of patients declined the NHS weight management program.

[Prevalence and Correlates of Benzodiazepines' Prescriptions in an Inpatient Setting](#)

BZD prescriptions are common at discharge from inpatient settings and can be associated with BZD misuse in the community. We suggest strategies to avoid this issue.

[Improved mental health for children who play well with peers by age three](#)

Children who learn to play well with their peers by the age of three are likely to enjoy better mental health later in childhood, according to research from the [University of Cambridge](#).

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

20 June 2022

Independent Review

[RCPsych welcome focus on mental health in new anti-smoking proposals](#)

A new [independent review](#) on tobacco led by Dr Javed Khan OBE has been published, setting out recommendations to help the government meet its smokefree ambition by 2030. Smoking is a leading cause in the gap in life expectancy between people with severe mental illness and those without, and the Royal College of Psychiatrists welcome the focus on mental health in the report.

Statistics

[Socio-demographic differences in use of Improving Access to Psychological Therapies services, England](#)

Characteristics of patients treated in the Improving Access to Psychological Therapies (IAPT) services and whether patients are representative of the population with a probable Common Mental Disorder (CMD) as defined by the UK Household Longitudinal Study (UKHLS) in England. This identifies groups with lower access to IAPT to help to improve the coverage of the service. [Dataset](#)

News

[Mental health patients still sent hundreds of miles away from home for treatment](#)

The dangerous practice of sending people with a mental illness hundreds of miles away from home for weeks at a time continues in England, according to new analysis published by the Royal College of Psychiatrists.

[New Government research identifies clear links between loneliness and mental health distress](#)

New research finds a direct two-way link between the impacts of loneliness and greater mental health distress.

[GP surgeries to provide specialist mental health support](#)

Thousands of new mental health experts will be on hand to support people in their local GP practice amid record demand for services, the head of the NHS announced.