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14 July 2022

Systematic Reviews

[Depression and anxiety among doctors during the COVID-19 pandemic: yet more collateral damage?](#)

Summarises a systematic review that presents recent global prevalence data about the rates of depression and anxiety among doctors during the COVID-19 pandemic.

[Perinatal loss and mental health: are psychosocial interventions beneficial for parents?](#)

Explores a recent review, which suggests that psychosocial interventions may improve depression, anxiety, and grief amongst parents suffering from perinatal loss.

[HIV stigma and depression: new systematic review of people in South Africa](#)

summarises a systematic review which examines the links between HIV stigma and depression among people living with HIV/AIDS in South Africa.

Randomised Controlled Trial

[School based humanistic counselling: a little better than pastoral care, but more expensive](#)

This blog reports on an RCT finding that school-based humanistic counselling reduces psychological distress but is not cost-effective.

Studies

[Associations between adolescent mental health and gender diversity: evidence from a population cohort study](#)

Appraisal of a recent cohort study from the Netherlands, which looks at adolescent gender diversity and provides data of sociodemographic correlates and mental health outcomes in the general population.

[Survivors' experiences of informal social support in coping and recovering after the 2017 Manchester Arena bombing](#)

We recommend that people who respond to survivors' psychosocial and mental healthcare needs after emergencies and major incidents should facilitate interventions for survivors and their social networks that maximise the benefits of shared experience and social validation.

[Commonly occurring adversities in families as risk factors for developing psychosocial and psychiatric morbidities: evidence from general practice](#)

The short- and long-term consequences of exposure to negative events in childhood are of great public health importance. Our data suggest screening more proactively for consequences of commonly occurring adversities in families, as they are a risk factor for subsequent psychiatric symptoms. Enhanced consultation frequency at general practitioners following adversities should be differentiated in more detail.

[Comparison of capability and health-related quality of life instruments in capturing aspects of mental well-being in people with schizophrenia and depression](#)

Assessing outcomes in terms of capabilities for people with schizophrenia and depression provided more relevant, mental health-specific information than the EQ-5D-5L or the EQ-VAS. The ICECAP-A and the OxCAP-MH demonstrated similar psychometric properties, but the OxCAP-MH was more correlated with disease-specific instruments.

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[Barbershops as a setting for supporting men's mental health during the COVID-19 pandemic: a qualitative study from the UK](#)

Barbers were aware of their clients' worsening mental health during the COVID-19 pandemic. Barbershops were generally considered to be a suitable setting in which to promote good mental health, monitor for signs of mental ill health and provide information about local mental health services. Future work is needed to co-produce and evaluate formal mental health promotion and prevention strategies in barbershops. Particular attention should be given to service innovations that preserve the credibility and trust that are fundamental to the barbershop experience for many males.

[30-minute class can improve teenagers' stress response, study finds](#)

Stress in teenagers can be reduced by a single 30-minute online training session aimed at encouraging a growth mindset and seeing the body's reaction to stress as a positive, according to scientists. A [study](#) involving more than 4,000 secondary school pupils and university undergraduates suggests the intervention could be a low-cost, effective treatment for adolescent stress.

Guidance

[Depression in adults: treatment and management: NICE guideline \[NG222\]](#) – Published 29 June 2022

This guideline covers identifying, treating, and managing depression in people aged 18 and over. It recommends treatments for first episodes of depression and further-line treatments, and provides advice on preventing relapse, and managing chronic depression, psychotic depression, and depression with a coexisting diagnosis of personality disorder.

Policy Note

[A tale of two crises: the cost of living and mental health](#)

Our research shows that the cost-of-living crisis is having a severe psychological impact, and that people with existing mental health problems are being hit hardest.

Meta-narrative Review

[How can we provide inclusive mental health care for LGBTQ+ youth?](#)

summarises a recent review, which proposes a new theoretical framework to provide effective mental health support for LGBTQ+ youth.

Papers

[The Lancet Psychiatry Commission on Intimate Partner Violence and Mental Health](#)

summarises the recently published Lancet Psychiatry Commission on Intimate Partner Violence and Mental Health, which establishes a roadmap for strengthening responses across mental health services, research, and policy.

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Case Report

[Effect of acute depression associated with COVID-19 infection on health-seeking behaviour: a psychiatrist's personal account and case report](#)

For those experiencing this complex interaction between COVID-19 infection and the brain, social support will be needed to ensure timely presentation to the healthcare system. Greater attention to behavioural change as part of COVID-19 infection is needed to optimise treatment outcome.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) of worries, personal well-being, and loneliness in Great Britain.

Editorial

[Childhood trauma in bipolar disorder: new targets for future interventions](#)

We recommend that the assessment of childhood trauma needs to be embedded in routine clinical practice to help aid clinical decision-making around treatment plans. We also propose that further research and clinical input is warranted to develop new evidence-based interventions that target the devastating effects of emotional abuse, either via targeting emotional abuse directly (via trauma-focused therapies) or by targeting affective instability (via established emotional regulation-based therapies).

Legislation

[Draft Mental Health Bill 2022](#)

The government is publishing a draft Mental Health Bill for pre-legislative scrutiny, to modernise the Mental Health Act for the 21st century.

News

[Gaps in student mental health services to be tackled](#)

Government announces up to £3 million of investment to close the gaps between university and NHS services.

[Men urged to talk about mental health to prevent suicide](#)

Former Health and Social Care Secretary set out actions being taken to prevent suicides in a speech at the suicide prevention charity Papyrus's headquarters in London.

[RCPsych welcomes £150m Mental Health Act funding and calls for extra 494 psychiatrists to make reforms a reality](#)

The Government have announced an extra £150 million investment over the next three years to fund NHS mental health services to better support people in crisis outside of A&E and enhance patient safety in mental health units.

[Cost-of-living crisis threat of 'pandemic proportions' to mental health, warns UK's leading psychiatrist](#)

The Royal College of Psychiatrists is calling for an urgent cash injection for NHS mental health services to match inflation. The President of the Royal College of Psychiatrists has warned that "the cost-of-living crisis poses a threat of pandemic proportions to the nation's mental health."