

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

6 September 2022

Studies

[Sharing youth mental health lived experience: what impact does it have on young people?](#)

This blog considers an Australian qualitative study evaluating a psychoeducation programme delivered by young people sharing their personal stories of mental health lived experience.

[Effects of psilocybin versus escitalopram on rumination and thought suppression in depression](#)

These data provide further evidence on the therapeutic mechanisms of psilocybin and escitalopram in the treatment of depression.

[Predictors of mental health deterioration from pre- to post-COVID-19 outbreak](#)

Our study showed neuroticism as a robust predictor of adverse changes in mental health, and identified additional sociodemographic and COVID-19-related predictors that explain longitudinal variability in mental health during the COVID-19 pandemic.

[Children more candid about mental health when talking to robot, study finds](#)

Cambridge research finds 60cm-tall humanoid called Nao helped children open up about feelings.

Publication

[Tracking young black men's experience of wellbeing and mental health programmes](#)

Funded by PIF member Mind, Centre for Mental Health has designed a culturally-informed approach to monitoring young black men's outcomes for accessing wellbeing support. How are we doing? was co-produced with young black men to identify what impact a service has on their mental health and wellbeing.

News

['I'm glowing': scientists are unlocking secrets of why forests make us happy](#)

Research project aims to discover how age, size and shape of woodlands affect people's happiness and wellbeing.

['A collective trauma': Covid keeps its grip on mental health of many patients](#)

Rates of anxiety and depression have decreased since first year of the pandemic but there still aren't enough therapists.

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