

Depression

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



28 October 2022

Studies

[iCBT for depression and anxiety: putting theory into practice](#)

Summarises a systematic review and meta-analysis on the effects of Internet-based Cognitive Behavioural Therapy (iCBT) in routine care for adults in treatment for depression and anxiety.

[First-responders lack training on how to support people in mental health crisis](#)

Summarises a new qualitative systematic review exploring first responders' experiences of providing support to people during a mental health crisis.

[Body weight and perinatal depression: what's the link?](#)

Summarises a systematic review of pre-pregnancy BMI and the risk of antenatal and postnatal depression.

[Psychotherapeutic approaches and treatment efficacy for comorbid BPD and PTSD](#)

Summarises a systematic review on optimising treatment for comorbid BPD (borderline personality disorder) and PTSD (post-traumatic stress disorder).

[A pilot randomised controlled trial to assess the feasibility and acceptability of recovery-focused therapy for older adults with bipolar disorder](#)

Recovery-focused therapy is feasible, acceptable and has the potential to improve a range of outcomes for people living with bipolar disorder in later life. A large-scale trial is warranted to provide a reliable estimate of its clinical and cost-effectiveness.

[Effects of the COVID-19 pandemic and previous pandemics, epidemics and economic crises on mental health: systematic review](#)

Findings highlight the importance of available, accessible and sustainable mental health services. Also, socioeconomically disadvantaged populations should be particular targets of policy interventions during the COVID-19 pandemic.

[Is complex trauma associated with worse outcomes than non-complex trauma?](#)

Summarises a longitudinal study which finds that people exposed to complex trauma had higher levels of general psychopathology and were more likely to experience conditions such as PTSD, depression and psychotic symptoms.

[People with complex emotional needs and their views of community mental health services](#)

Summarises a co-produced qualitative interview study on service user perspectives of community mental health services for people with complex emotional needs.

["We are family, even when apart": family separation and mental health in refugees](#)

Reviews a study focusing on the impact of family separation on mental health outcomes among settled refugees in Australia.

[Minority stress and self-esteem: the thoughts of sexual minority young adults](#)

Considers a qualitative study on sexual minority youth perspectives on minority stress and factors negatively affecting self-esteem.

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

28 October 2022

[Risk factor profiles for depression following childbirth or a chronic disease diagnosis: case-control study](#)

The observed differences in risk factor profiles according to the context of a major depressive episode help provide insight into the heterogeneity of depression. Future studies dissecting such heterogeneity could help reveal more refined aetiological insights.

Reports

[See Me | The Scottish Mental Illness Stigma Study](#)

The Scottish Mental Illness Stigma Study, published by See Me, explores where and how people with more complex mental illnesses face stigma and discrimination and the impact this has. Of those who had faced stigma in mental healthcare services, 58% had avoided calling an ambulance or attending A&E for emergency mental healthcare.

Other key findings include:

- 92% of participants have experienced stigma in relationships with family and friends in the last year
- 53% respected themselves less because they will not recover or get better
- 77% said they had been treated unfairly at work

[Promoting mental health in communities: what works? A guide in partnership with Greater Manchester](#)

During 2021 and 2022, Centre for Mental Health partnered with the Greater Manchester Health and Social Care Partnership to support locally led work to improve mental health and wellbeing in the area. As part of that work a guide was created for local councils and public health teams to set out what we know about what works in promoting wellbeing and mental health in communities. The guide was produced by the Greater Manchester Health and Social Care Partnership and Public Health England, with support from Centre for Mental Health and others. The guide explains key concepts in mental health promotion and explores evidence from research about the wide range of approaches that can make a difference. It makes recommendations for actions that can be taken locally to improve wellbeing for all and reduce inequalities in mental health.

[BBC Children in Need's A Million & Me highlights the 'power of the ordinary' in boosting children's wellbeing and resilience](#)

Tens of thousands of children have seen improvements to their wellbeing as a result of projects funded by BBC Children in Need's £10million funding programme, A Million & Me, according to a report published by Centre for Mental Health. The power of the ordinary, by Juliet Snell, is the result of a three-year evaluation of A Million & Me, BBC Children in Need's three-year impact programme which funded organisations across the UK to deliver innovative support to address emotional wellbeing amongst children aged 8-13 who are beginning to struggle, before problems become established and require clinical intervention.

Statistics

[Public opinions and social trends, Great Britain](#)

Social insights on daily life and events, including the cost of living, working arrangements and well-being from the Opinions and Lifestyle Survey (OPN). [Dataset](#)

[Follow](#)

[Website](#)

[Contact us](#)

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

28 October 2022

Blog Posts

[No health without housing: why supported housing is at the heart of integrated mental health care](#)

Given that people who experience mental health problems are more likely to be homeless or live in unstable or insecure housing, good integration between health and housing services is important. While housing is not the solution to recovery, there is no recovery without housing. Investment in supported housing, employment support and neighbourhood management can deliver impressive results, helping people to sustain their tenancy and achieve their recovery goals.

[Mental health services in the UK in 2022: what the latest adult mental health care Benchmarking Network data can tell us](#)

The NHS Benchmarking Network shared the data from their survey today (Collected from NHS mental health services for adults every year). The data provides a snapshot of mental health services, and exposes cracks and inequalities in the system.

News

[Hidden waits force more than three quarters of mental health patients to seek help from emergency services](#)

Nearly a quarter of mental health patients (23%) wait more than 12 weeks to start treatment, due to lack of consultant psychiatrists according to research released by the Royal College of Psychiatrists. A Savanta ComRes poll of 535 British adults diagnosed with a mental illness including eating disorders, addiction, bipolar disorder, anxiety and depression reveals the damaging consequences of hidden waiting lists on the lives of patients. Over two fifths (43%) say that the wait between initial referral and second appointment – the point when treatment usually starts – has caused their mental health to worsen. More than three quarters (78%) of those in a hidden waiting list reported that they were forced to resort to emergency services or a crisis line in the absence of mental health support – including 12% going to A&E, 7% ringing 999, 16% contacting 111 and 27% turning to a crisis line. Waits can be longer than six months for 12% of cases, while 6% of patients wait for more than a year.

[Young people to be prescribed surfing and dancing by NHS to help anxiety](#)

Young people will take part in surfing, rollerskating and gardening to see whether sport, the arts and outdoor activities can make them less anxious and depressed. NHS mental health trusts will use the activities to help 600 young people on their waiting lists for care as part of a study into whether “social prescribing” helps improve mental wellbeing. People aged 11 to 18 in 10 parts of England will also be able to take part in dance, music, sport and exercise and attend youth clubs during the trial, which is being run by academics from University College London.

[Young people's mental health bolstered by nature projects, report says](#)

Young people's mental health, self-confidence and employability were boosted by participation in nature projects across the UK, according to a report on a £33m programme. More than 128,000 people aged 11 to 24 took part in the [Our Bright Future](#) scheme. The 31 projects improved 3,000 community spaces and created 350 nature-rich areas, from a vandalised churchyard in Hull to a rewilded quarry in County Down. The programme was led by the Wildlife Trusts and funded by the National Lottery Community Fund. Almost all participants (95%) felt their confidence had improved by taking part, while 86% said it had improved their mental health. Two-thirds said their appreciation of the natural world and belief that they could make a difference to their local environment had significantly increased.

[Follow](#)

[Website](#)

[Contact us](#)

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

28 October 2022

[Every Mind Matters campaign urges people to be kind to their mind](#)

New Every Mind Matters campaign calls on the nation to be kind to their mind to help combat the 'Sunday Scaries'.

[NHS helps record numbers of young people with their mental health as students return to universities](#)

England's top mental health nurse is urging students starting or returning to university to seek mental health support as soon as they need it, as new data show record numbers of young people are accessing support. Access to NHS mental health services for 18 to 25-year-olds was almost a fifth higher in 2021/22 than pre-pandemic, while the NHS has seen a rise of almost a fifth in people being referred to mental health crisis services compared to pre-pandemic levels.

[A fifth of UK adults are seeing members of their support network less, due to the cost-of-living crisis](#)

New research from Co-op and mental health charities Mind, SAMH (Scottish Association for Mental Health) and Inspire has revealed that over a fifth (22%) of people are seeing their support network less and a quarter (24%) expect that this will soon be the case, because of the cost-of-living crisis.

[Two in five young people don't have the words to share how they are feeling when struggling with their mental health](#)

New research released today from mental health charity Mind has found that two in five (40%) young people say they do not have the words to express how they are feeling when they are struggling with their mental health. The study, which included 906 16- to 24-year-olds in the UK, also revealed the vast majority of young people – 9 in 10 (91%) – are turning to creative outlets to help them express their feelings when they are struggling with their mental health. Over half (55%) are listening to music, almost a quarter (23%) are journaling their thoughts, and one in 10 (10%) are writing a song, rap or spoken word piece.

[Time spent in blue spaces benefits children in later life, says study](#)

Childhood days on the beach or messing around in rivers can have significant lasting benefits for our wellbeing in adulthood, according to a study. It found that exposure to blue spaces – such as coasts, rivers and lakes – as a child made revisiting blue spaces in adulthood more likely, as these adults showed greater familiarity with and placed greater value in natural settings.

[Follow](#)

[Website](#)

[Contact us](#)