

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

12 September 2023

Studies

[Every Mind Matters: evaluating the mental health literacy campaign](#)

Summarises a qualitative study evaluating the government-funded Every Mind Matters campaign in the UK.

["I'm always going to be tired": fatigue in adolescent depression](#)

Reflects on a recent qualitative paper that looks at adolescents' personal accounts of fatigue as a symptom in depression.

[Long-term psychoanalytic psychotherapy for treatment-resistant depression: not cost-effective compared to treatment as usual](#)

Considers the Tavistock Adult Depression Study (TADS), which evaluated the cost-effectiveness of long-term psychoanalytic psychotherapy for treatment resistant depression compared to treatment as usual.

Guidance

[Guided self-help digital cognitive behavioural therapy for children and young people with mild to moderate symptoms of anxiety or low mood: early value assessment](#)

Updated 5 September 2023 (The [evidence generation plan](#) was updated.)

Statistics

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

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

News

[Government told to do better over 'disappointing' child mental health services](#)

Members from RCPsych in Scotland have called for "sustained" investment in mental health, as "disappointing" figures showed that more than a quarter of children and young people waited longer than the Scottish Government's target time for specialist help.

[Teen mental health and social media: what does the evidence tell us? - podcast](#)

Ian Sample talks to Dr Amy Orben, who leads the digital mental health programme at the Medical Research Council's cognition and brain sciences unit, about why the link between teen mental health and social media is so difficult to study, what the current evidence tells us and what advice she gives to parents whose children are entering the online world for the first time.



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[Millions of UK parents struggle with mental health, survey suggests](#)

Millions of parents in Britain are struggling with their mental health, a survey suggests, amid the rising cost of living, a lack of childcare and fewer support services. Sixty-one per cent of respondents revealed concerns about their mental health, with those on lower incomes most likely to be affected, a poll for the charity Unicef UK found.

[Depression can play direct role in developing type 2 diabetes, says study](#)

Depression can play a direct role in the development of [type 2 diabetes](#), according to research that experts say could help boost efforts to prevent the condition. Researchers have found a causal relationship and shared genetics suggesting depression may be a cause of type 2 diabetes.

[Sharp rise in wait times for perinatal mental health care in England](#)

Campaigners have expressed alarm at new analysis showing a sharp increase in new or expectant mothers waiting for mental health care, with one woman found to have waited 319 days for a first appointment. More than 30,000 women who are pregnant or have newly given birth are on waiting lists for mental health support, according to [NHS England data](#).

[UK food banks bring in counsellors and private GPs to help exhausted workers](#)

Britain's food bank charities are buying in counselling, GP and mental health support services to help staff and volunteers cope with stress and exhaustion triggered by the explosion in demand for emergency food. The wellbeing services are a response to a rise in burnout and stress among frontline food bank workers as they deal with expanding workloads and the emotional burden of supporting increasing numbers of destitute and emotionally traumatised clients.

[Education Committee's new inquiry into effects of screen time on education and wellbeing](#)

The Education Committee has launched a new inquiry, screen time: impacts on education and wellbeing. MPs will look into how apps, the internet and access to smart phones and tablets can impact children's education and wellbeing, from the early years to the start of adulthood.

