

# 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

19 December 2023

## Studies

### [Self Help Plus for refugees: we need effective, low-intensity and scalable interventions](#)

Considers a meta-analysis which evaluates Self-Help Plus, a promising WHO intervention that could be scaled up to address the mental health needs of refugees and asylum seekers.

### [The experience of treatment-resistant depression: we need to rethink treatment for people who do not respond to antidepressants](#)

Summarises a qualitative meta-synthesis exploring people's experiences of living with 'treatment-resistant' depression.

### [From climate anxiety to climate action: developing global mental health recommendations](#)

Considers a set of new global recommendations for action on climate change and mental health across sectors including healthcare, research, policy, and third sector organisations.

### [Deciphering self-help: how do adolescents experiencing emotional difficulties cope?](#)

Considers a scoping review on self-management, self-care, and self-help strategies in adolescents with emotional problems.

### [A systematic review of peer support interventions for student mental health and well-being in higher education](#)

The heterogeneity of measures and outcomes prevents firm conclusions on the effectiveness of peer support for mental health and well-being. Most studies were rated 'poor' or 'fair' in their risk of bias. There is not a solid evidence base for the effectiveness of peer support. Nonetheless, HEIs can use the terminology developed in this review for shared discussions that guide more robust research and evaluation of peer support as an intervention.

### [Psychoeducation as an active ingredient for interventions for perinatal depression and anxiety in youth: a mixed-method systematic literature review and lived experience synthesis](#)

Psychoeducation may be an important foundational ingredient of interventions for perinatal depression and, potentially, anxiety in adolescents and young adults through stimulating help-seeking and self-care.

### [Mental health effects of the COVID-19 pandemic on children and young adults: empirical analysis of the past, present and the way forward](#)

The key findings include that individuals with pre-existing mental health conditions were more vulnerable to the effects of the pandemic. Even though the mental health symptoms got worse immediately after the lockdown, they came back to pre-pandemic levels during later stages. Another interesting finding indicated that the genetic correlation was 0.95 for mental health measures before and during the pandemic. This underscores that the genetic factors contributing to individual differences did not change during a pandemic.



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## 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.

## News

[Children's mental health being threatened by mounting financial pressures on families, says Centre for Mental Health report](#)

Children's mental health is being jeopardised by financial pressures on parents, overcrowded housing and lack of safe green spaces, according to new research by Centre for Mental Health. The research finds that while parents and carers play a key role in children's healthy social development, the cost-of-living crisis and other financial pressures are putting families under strain as they struggle to make ends meet.

[BPS urges investment in NHS and social care staff wellbeing provision to safeguard future of health and care services](#)

In a new report, the British Psychological Society has said long term funding for staff mental health and wellbeing services is fundamental to staff retention.

[New data shows the cost-of-living is still harming Scots' mental health with a third going into debt to pay essentials](#)

The Mental Health Foundation in Scotland is issuing a stark warning about the mental health impacts of the ongoing cost-of-living crisis, with almost one third of Scottish adults (32%) reporting feeling anxious about their financial situation in the last month.

[Experts call for fewer antidepressants to be prescribed in UK](#)

Medical experts and politicians have called for the amount of antidepressants being prescribed to people across the UK to be reduced in an open letter to the government.

