

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

18 January 2023

Studies

[Can brain scans tell us how successful CBT for anxiety will be? Meta-analysis of task-based fMRI studies shows promise](#)

Summarises a recent fMRI meta-analysis, which finds that activation in brain circuits related to salience, interoception and emotional processing were found to predict a positive response to CBT in anxiety disorders.

[Workplace discrimination and depression: new Danish workforce study explores the links](#)

Explores a prospective cohort study from Denmark, which establishes a relationship between workplace discrimination and the onset of a depressive disorder.

[Interventions to improve social circumstances among people with mental health conditions](#)

Summarises work by the Mental Health Policy and Research Unit looking at improving the social circumstances of people with mental health conditions. The study finds the most robust and compelling evidence available relates to gaining paid employment and tackling homelessness.

[The impact of the COVID-19 pandemic on perinatal services and maternal mental health in the UK](#)

The pandemic has contributed to increased rates of mental illness among pregnant and new mothers in the UK. Although the long-term implications are largely unpredictable, it is important to anticipate increased prevalence and complexity of symptoms, which could be hugely detrimental to an already overburdened National Health Service.

Online events

[Five Giants for Mental Health: Centre for Mental Health launches 'Festival of Ideas' 2023](#)

Centre for Mental Health is convening a new [series of events](#) in 2023 to explore some of the key issues affecting the nation's mental health. The Festival of Ideas 2023 will bring people together to discuss 'Five Giants' that affect people's mental health:

- Poverty and financial wellbeing
- Racism and racial justice
- A good start in life
- The climate crisis
- Mental health services

The five online events will take place monthly between February and June.

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News

[UK adults report poorer sleep, seeing friends less often and exercising less as financial strain takes its toll - new survey results](#)

Recent survey reveals many people are not able to do the things needed for good mental health:

- almost one in three adults is experiencing poorer quality sleep as a result of financial worries
- almost a quarter of people are meeting friends less often
- people are reporting engaging less with hobbies and exercising less

Many people are showing signs of not being able to do the things that support good mental health due to their financial situation, a survey has revealed. The survey of over 3000 adults in the UK found that concerns about finances negatively affect people's ability to participate in some activities known to help protect mental health and prevent problems from developing.

[New research finds watching accurate mental health storylines can improve people's mental health as Mind launches new media guidelines](#)

Soaps and dramas featuring characters with mental health problems like depression, anxiety, and panic attacks are helping people to realise for the first time they may be experiencing a mental health problem. New research co-commissioned by mental health charity Mind and ITV shows that one in four of us have learnt of our mental health problems from watching a fictional character's mental health journey on screen. The research comes as Mind launches its own [media guidelines](#) aimed at programme makers and script writers including top tips on how to create responsible and compelling fictional depictions.

[Mind welcomes inclusive conversion 'therapy' ban](#)

The UK government [have announced](#) they will move forward with a ban on conversion 'therapies' that claim to alter a person's sexual orientation or gender identity. Sarah Hughes, CEO at Mind, said: "We are incredibly pleased the UK government have seen sense and recommitted to a fully inclusive ban on abhorrent conversion 'therapy' practices. As [our report highlighting the experiences of people who've been through conversion 'therapy' showed](#), trying to alter or suppress someone's gender identity or sexual orientation often has a devastating and life-altering impact on their mental health.

[Scary monsters: how virtual reality could help people cope with anxiety](#)

Developed by researchers at the University of Cambridge, with help from a local video game company, Ninja Theory, the game is being tested as a means of teaching people a strategy to cope with everyday anxiety.

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[Mental health of people in Wales worst affected by cost of living crisis, poll finds](#)

The cost of living crisis is damaging the mental health of nearly half of adults in Great Britain, with people in Wales the unhappiest of all, according to research. In Wales, 61% of adults said their current financial situation was damaging their mental health, compared with 48% of people in Scotland and 47% in England, according to YouGov research for Business in the Community (BITC), the Prince's Responsible Business network.

[Visiting green spaces deters mental health drug use, researchers find](#)

Visits to parks, community gardens and other urban green spaces may lower city dwellers' use of drugs for anxiety, insomnia, depression, high blood pressure, and asthma, research has found.

[A cuppa and a chat: Mental health benefits of tea](#)

Whether you prefer chamomile or builder's, having a cuppa with someone else can help to lift spirits at times when you're feeling low. Our friends at The Tea Makers of London shared with SANE the benefits of tea drinking, from soothing the mind and creating communication to getting a good night's sleep.

[Antidepressants for children and teenagers: what works?](#)

Thousands of children and teenagers in the UK are taking antidepressants for depression and anxiety. The numbers continue to rise and many have not seen a specialist. This Collection brings together recent NIHR evidence showing that some antidepressants are effective and may be safe for children and teenagers. It also highlights uncertainties that remain.

[Adults with depression who want to quit antidepressants should be given support on how to do it safely over time, says NICE](#)

Adults with depression who want to stop taking antidepressants should have the dose of their medication reduced in stages to reduce the likelihood and severity of withdrawal symptoms, NICE has said.