

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

13 April 2023

Studies

[Equipping young adolescents with wellbeing skills: does a universal, classroom-based CBT intervention promote positive mental health?](#)

Summarises a cluster randomised controlled trial exploring the effectiveness of universal process-based CBT for positive mental health in early adolescence.

[Climate change and mental health: what do we know, and what don't we know?](#)

Examines a big new umbrella review which signals the need for robust assessment and quantification of the mental health impacts of climate change.

[Investigating the potential association of temporary employment and job dissatisfaction with alcohol use disorder and depressive symptoms: a 13-wave longitudinal analysis](#)

We revealed that temporary employment and job dissatisfaction had detrimental effects on alcohol use disorder and depressive symptoms.

[Intimate partner violence perpetration and mental health service use in England: analysis of nationally representative survey data](#)

The strong association of IPVP with mental health service use is partly attributable to the concurrent presence of intimate partner violence victimisation and other life adversities. Efforts to improve the identification and assessment of IPVP in mental health services could benefit population health.

[Pandemic triggered 'second midlife crisis' among over-50s, study finds](#)

A [study](#) has found that just before the second national lockdown began, those born in Britain in 1958 and 1970 were experiencing higher levels of psychological distress, on average, than they had ever experienced in adulthood before, surpassing previous peaks in their early 40s. Data collected over four decades from more than 16,000 British-born adults, which was analysed by academics from University College London and King's College London, also found that those born in 1946 had similar levels of psychological distress to their previous midlife peak in their early 50s.

[Antidepressants for the treatment of depression in people with cancer](#)

Despite the impact of depression on people with cancer, the available studies were very few and of low quality. We observed a small potential beneficial effect of antidepressants in treating depressive symptoms in people with cancer. However, this finding was supported by very low-quality evidence. To better inform doctors and patients, we need larger studies that randomly assign people to different treatments. Currently, it is difficult to draw reliable conclusions about the effects of antidepressants on depression in people with cancer. Our review seems to indicate that people with cancer should be treated in a similar way to the general population for the management of depressive symptoms.

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Special collection

[Supporting the physical health of people with severe mental illness](#)

This Collection brings together recent examples of published and ongoing research, funded or supported by the NIHR. It provides evidence to support the physical health of people with severe mental illness. Much of the research has been highlighted in accessible summaries – NIHR Alerts – over the last 3 years. The information included is intended for healthcare professionals involved in the physical and mental healthcare of people with severe mental illness, as well as for those managing and commissioning services.

Report

[Homelessness and trauma: a vicious cycle](#)

Summarises a recent report for Oasis Community Housing on the prevalence of trauma among people who have experienced homelessness in England.

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.

Blog

[Connecting with parents and carers to discuss childhood mental health: does 'universal' actually mean targeted?](#)

Educational practitioner and researcher, Aleem Nisar, writes about the people and places in our communities that can help to diversify our research and ensure that mental health services reach those most in need.

News

[Online arts and culture for young people's mental health – new research programme announced](#)

Young people will help create an 'online museum' as a way of improving their mental health, as part of a new and ground-breaking £2.61m research project. The project, known as ORIGIN (Optimising cultural experIences for mental health in underrepresented younG people onlINe), is hosted by [Oxford Health NHS Foundation Trust](#), led by researchers from Oxford University and funded by the [National Institute for Health and Care Research](#) (NIHR). It will run from 2023-2028 and is a collaboration between NHS Trusts, UK universities, and is partnered by museums and charities. The study involves diverse young people aged 16-24 co-designing an online arts and culture intervention aimed at reducing anxiety and depression.

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[Shocking NHS staff sickness statistics highlight urgent need for mental health support hubs](#)

The BPS has joined forces with other professional health and care bodies to call on the government to urgently provide funding for NHS staff mental health and wellbeing hubs. NHS staff sickness absence figures for November 2022, [published by NHS Digital](#), reveal that anxiety, stress, depression, and other psychiatric illnesses*, continue to be the most reported reason for sickness absence amongst NHS staff, accounting for more than 526,900 full time equivalent staff days lost and 24 per cent of all sickness absence.

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