

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

27 April 2023

News

[Mersey Care NHS Foundation Trust remains rated good following CQC inspection](#)

The Care Quality Commission (CQC) has [rated Mersey Care NHS Foundation Trust as good](#), following inspections carried out from November to January.

[CBT for phobias: one-session treatment is effective](#)

Cognitive behavioural therapy (CBT) is a talking therapy that can help children and young people overcome fears (phobias). It is routinely delivered over multiple sessions. A new study showed that one-session treatment is as effective as multi-session CBT, and is cheaper.

[Young Adults' Mental Health Catastrophe – Just 10% Love Themselves](#)

The UK faces a mental health catastrophe as only 10 per cent of young adults love themselves completely, reveals blistering new research from Direct Line Insurance and mental health charity Mind.

['Buckling' NHS fails to treat 250,000 children with mental health problems](#)

A quarter of a million children in the UK with mental health problems have been denied help by the NHS as it struggles to manage surging case loads against a backdrop of a crisis in child mental health. Some NHS trusts are failing to offer treatment to 60% of those referred by GPs, the research based on freedom of information request responses has found. The [research carried out by the House magazine](#) and shared with the Guardian also revealed a postcode lottery, with spending per child four times higher in some parts of the country than others, while average waits for a first appointment vary by trust from 10 days to three years.

[Could virtual reality gaming help people overcome anxiety? – podcast](#)

Madeleine Finlay speaks to science correspondent Linda Geddes about trying out a virtual reality game that challenges you to keep your heart-rate down while facing a terrifying monster, why it could help with tackling anxiety, and whether the gamification of coping strategies could be the best way to integrate them into our every day lives.

[Rise in school absences since Covid driven by anxiety and lack of support, say English councils](#)

Increased anxiety and lack of mental health support are driving a steep increase in [children missing school](#) since the Covid pandemic, with some children "struggling to leave home", according to councils in England.

[RCPsych President responds to newspaper coverage on antidepressants](#)

Dr Adrian James, President of the Royal College of Psychiatrists, has written to national newspapers responding to recent articles erroneously linking antidepressants to suicide.

[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

27 April 2023

Studies

[Multiracial young adults at higher risk of mental illness compared to their monoracial counterparts, according to US university research](#)

Summarises a cross-sectional study exploring mental health disparities between multiracial and monoracial young people in the United States.

[Efficacy of low carbohydrate and ketogenic diets in treating mood and anxiety disorders: systematic review and implications for clinical practice](#)

Although there is no high-quality evidence of LC/KD efficacy in mood or anxiety disorders, several uncontrolled studies suggest possible beneficial effects. Robust studies are now needed to demonstrate efficacy, to identify clinical groups who may benefit and whether a ketogenic diet (beyond low carbohydrate) is required and to characterise adverse effects and the risk of relapse after diet discontinuation.

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.

[Experiences of men who access NHS Talking Therapies from prison](#)

The NHS Talking Therapies programme (previously known as Improving Access to Psychological Therapies or IAPT programme) helps to treat common mental disorders such as depression and anxiety. We explore the experiences of those accessing NHS Talking Therapies from prison in England in the period 1 April 2018 to 31 March 2020.

[Dataset](#)

[Follow](#)

[Website](#)

[Contact us](#)