

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

9 October 2023

Studies

[Many causes of death among people with bipolar disorder are potentially preventable](#)

blog on causes of mortality among those with bipolar disorder, highlighting the importance of suicide prevention across age groups.

[Gut microbiome disruptions in depression: shifting the focus to metabolic signatures in blood](#)

explores a recent study which looks into the interplay of metabolome and gut microbiome in individuals with major depressive disorder.

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

[New tool to streamline prescribing of antidepressants](#)

A new web tool has been developed to simplify the prescription of antidepressant and antipsychotic drugs. The release of the web tool, the [Psymatik Treatment Optimizer](#), has been accompanied by the publication of [an umbrella review in Lancet Psychiatry](#) [an umbrella review in Lancet Psychiatry](#). Researchers reviewed all available data on 69 medications – 32 antipsychotics and 37 antidepressants – which was then used to create a database of side effects and effectiveness of each one.

[Response to study on esketamine nasal spray](#)

[A paper published in the New England Journal of Medicine](#) found that in patients with treatment-resistant depression, esketamine nasal spray was more effective than quetiapine, an anti-psychotic medication. Both drugs were taken alongside an SSRI (selective serotonin reuptake inhibitor) or SNRI (serotonin and norepinephrine reuptake inhibitors). Patients on Esketamine had higher rates of remission at both eight weeks and 32 weeks, with fewer negative side effects reported.

[Scottish government publishes psychological therapies specification and core mental health standards](#)

The BPS has welcomed publication by the Scottish government of service standards and specifications which aim to set out what patients can expect when accessing mental health and wellbeing services.

[University students more at risk of depression than non-students – study](#)

University students are more at risk of depression and anxiety than their peers who go straight into work, according to a [study](#), suggesting mental health may deteriorate due to the financial strain of higher education.



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[Doctors urged to ask patients about gambling in new NHS mental health guidance](#)

People who seek help for mental health issues should be asked about problem gambling in the same way they are asked about drugs, smoking and alcohol, new guidance has suggested. According to the National Institute for Health and Care Excellence (Nice), those who visit an NHS health professional in England for depression, anxiety or thoughts about self-harm or suicide because of a possible addiction, such as alcohol or drugs, could be at a greater risk of harm from gambling.

[Mental healthcare in England is a national emergency, say hospital bosses](#)

Mental healthcare in England has become “a national emergency”, with “overwhelmed” services unable to cope with a big post-Covid surge in people needing help, NHS bosses say. Care is so stretched that thousands of people undergoing a mental health crisis are having to be admitted every year to acute hospitals, even though they are not set up to deal with them.

[Mentally Healthier Nation report calls for cross-government action](#)

The Royal College of Psychiatrists is one of more than thirty organisations that have collaborated on an important new report calling for a ten-year cross-government strategy in order to build a mentally healthier nation.

[More than half of Scots 'not confident in accessing mental health support'](#)

More than half of Scots are not confident in accessing mental health support – new research by the [Royal College of Psychiatrists in Scotland](#) has found. A YouGov poll of 1,103 people in Scotland revealed 53% are not confident they or a family member could access mental health support, if needed. While only 11% were optimistic that mental health services will improve over the next two years.

[New information resource on acne drug and mental health](#)

The College has published a first of its kind information resource, focusing on isotretinoin and its possible association with mood changes and mental illness, as well as the benefits of the medication.

