

# Depression

medication  
therapy resources  
mood disorder counselling stress anxiety  
CBT bipolar worry self-help panic  
research



**NHS**  
Mersey Care  
NHS Foundation Trust

19 Sept 2024

## Studies

[A systematic review on investigating major depressive disorder and bipolar disorder using MRI and genetic data from 2018 to 2024](#)

Integrating MRI and genetic data has significantly advanced our understanding of the neurobiological basis of MDD and BD. This review synthesizes recent advancements in gene-imaging studies on MDD and BD, highlighting both commonalities and distinctions in their neurobiological underpinnings.

[What do clients think about amplifying positivity? Client change perspectives following a cognitive and behavioural positive activity intervention for anxiety and depression](#)

People seeking treatment for anxiety or depression are receptive to amplifying positivity and experience the mental and social benefits of doing so. Positive valence-centred treatments may therefore be valuable for some clients. Treatment protocols that integrate positive valence- and negative valence-targeted approaches may be preferred by some clients.

[Universal DBT intervention in schools: help or hindrance?](#)

Reviews a non-randomised trial exploring a dialectical behaviour therapy (DBT) based universal intervention on adolescent social and emotional well-being in Australian schools.

## Cochrane Review

[Psychedelic-assisted therapy for treating anxiety, depression, and existential distress in people with life-threatening diseases](#)

Psychedelic-assisted therapy with classical psychedelics (psilocybin, LSD) may be effective for treating anxiety, depression, and possibly existential distress, in people facing a life-threatening disease. Psychedelic-assisted therapy seemed to be well tolerated, with no treatment-emergent serious adverse events reported in the studies included in this review. However, the certainty of evidence is low to very low, which means that we cannot be sure about these results, and they might be changed by future research. At the time of this review (2024), psychedelic drugs are illegal in many countries.

## Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance July 2024](#)

This statistical release makes available the most recent NHS Talking Therapies for anxiety and depression monthly data, including activity, waiting times, and outcomes such as recovery.

## Report

[10 million being let down by mental health prevention plans](#)

A new report released by the Mental Health Foundation, [Planning for Prevention](#), has highlighted that an estimated 10 million people across England – almost 1 in 5 of the country's population - are living in areas where local plans for improving the public's mental health are insufficient. The charity points to a failure of the UK government to properly support the bodies responsible for these plans over the last two years.



## News

### [Cost-of-living crisis has cast a long shadow over people with mental health problems, says Centre for Mental Health](#)

The cost-of-living crisis has been devastating for many people with mental health problems, a new Centre for Mental Health report has found. [Just living and coping: The impact of the cost-of-living crisis on mental health](#) says that people with mental health problems were hit hard by the crisis, with many struggling to get by day-to-day at the expense of their health. The strain of rising bills, skipping meals and working longer hours in low-paid jobs led to severe anxiety, isolation and hopelessness. However, support was often out of reach due to long waiting lists.

### [Mind responds to annual Mental Health Act statistics](#)

Annual figures for detentions under the Mental Health Act in England, covering April 2023 to March 2024, have been [published](#) by the NHS.

### ['Better than medication': prescribing nature works, project shows](#)

A major scheme helping people in England connect with nature led to big improvements in mental health, a report has found. More than 8,000 people were helped to take part in activities including nature walks, community gardening, tree planting and wild swimming. It is thought to be the largest such project in the world so far.

### [Part of brain network much bigger in people with depression, scientists find](#)

Researchers have gained new insight into how and why some people experience depression after finding a particular brain network is far bigger in people living with the condition. The surface of the brain is a communication junction box at which different areas talk to each other to carry out particular processes. But there is a finite amount of space for these networks to share. Now researchers say that in people with depression, a larger part of the brain is involved in the network that controls attention to rewards and threats than in those without depression. Writing [in the journal Nature](#), Lynch and colleagues report how they used precision functional mapping, a new approach to brain imaging that analyses a host of fMRI (functional MRI) scans from each individual.