

Depression

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



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4 Sept 2024

Studies

[What can GP records tell us about mental health throughout childhood?](#)

Explores a retrospective study of 'real-world' data on young people's use of general practitioners for mental health support.

[Mental health diagnosis: where are we now?](#)

Niall Boyce helps us navigate one of the most important and controversial areas in mental health science, as he summarises a recent US review on psychiatric diagnosis.

[New and emerging treatments for major depressive disorder](#)

Summarises a new 'state of the art review' in the BMJ which focuses on novel and emerging pharmacotherapy and neuromodulation for people with 'treatment resistant depression'.

Report

[A call for change](#)

This report finds that children with social work involvement for current concerns are more likely to be rejected by NHS mental health services compared to their peers. Research undertaken with Cambridge University found that, overall, children from the most deprived areas are twice as likely to be rejected than those from the least deprived areas.

Statistics

[Personal well-being in the UK QMI](#)

Quality and methodology information for personal well-being in the UK, including strengths and limitations, methods, and data uses and users.

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. Commissioned by Mind, the research explored how the cost-of-living crisis is affecting mental health. Researchers at Centre for Mental Health heard from 500 people across England and Wales, many of whom already had mental health problems. 84% said the crisis had made their mental health worse, with the biggest impacts among those living in the deepest poverty.



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[NHS 111 offering crisis mental health support for the first time](#)

Millions of patients experiencing a mental health crisis can now benefit from [support through 111](#). The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line.

[Shocking rise in children needing treatment for anxiety](#)

A shocking report in the [Guardian](#) finds that than 500 children a day in England are being referred to NHS mental health services for anxiety, more than double the rate before the pandemic began.

[People with greater mental resilience may live longer, study finds](#)

People with high levels of mental resilience may live much longer lives, according to the authors of new research that found the link to be especially prevalent in women. The [study](#), published in *BMJ Mental Health*, which has been peer reviewed and involved researchers from Sun Yat-sen University in China, found that there was a link between people who had high levels of mental resilience having a lower risk of death from all causes.

[Antidepressant-linked overdose deaths in US have climbed for two decades](#)

Recent data has revealed that overdoses involving antidepressants have been climbing each year from 1999 until 2022 in the US. The [analysis of CDC overdose data](#) was released last month, as it takes the organization over a year to process overdose data; 2022 is the most recent year with complete overdose data available.

[Extra cash for mental health would help UK more than new roads, study says](#)

Spending extra cash on mental health services would boost economic growth and improve the nation's wellbeing more than building new roads, according to an academic analysis. The [report](#) from the London School of Economics (LSE) argues that a rethink is needed inside Whitehall about how to approach spending decisions, with more focus on how the money actually improves people's lives, particularly in terms of wellbeing.

['Happiness recession': UK 15-year-olds at bottom of European satisfaction league](#)

More 15-year-olds are reporting low life satisfaction in the UK than anywhere else in Europe, amid what experts are describing as a "happiness recession" for British teenagers. The group is at the bottom of European rankings in terms of life satisfaction across 27 nations, [analysis](#) by the Children's Society reveals. In the UK 25% of 15-year-olds reported low life satisfaction, compared with 7% of Dutch children of the same age – the lowest level among any of the countries surveyed.

[BPS calls for funding to boost research on mental health needs of prisoners](#)

The BPS in Scotland is calling for funding to tackle the paucity of forensic psychology research to improve the care of prisoners with mental health problems.

