

Studies

[Wide variance in the use of coercion in children and young people's inpatient services](#)

Reflects on a recent review on rates and risk factors of coercion in inpatient child and adolescent mental health services.

[Is brain imaging the future for bipolar disorder diagnosis in adolescents?](#)

Summarises a recent Chinese study, which suggests that combining MRI scan and behavioural assessments data may increase the accuracy of diagnosing bipolar disorder in adolescents.

[The influence of the menopause in first onset of mental illness](#)

A new UK Biobank study suggests that the two years either side of the final menstrual period represent a time of small increased risk for new onset bipolar and major depressive disorder.

[Grief and coping among relatives of patients who died of COVID-19 in intensive care during the height of the COVID-19 pandemic](#)

The findings suggest that rates of prolonged grief disorder are elevated among relatives of patients who died of COVID-19 in the ICU. This, coupled with worse quality of life and greater social disconnection experienced by those meeting the criteria, suggests the need to attend to the social deprivations and social dysfunctions of this population group.

[Physical health challenges faced by elders with severe mental illness: population-based retrospective cohort study](#)

Poorer overall physical health and specific patterns were identified in elders with SMI.

[Association between sleep duration from midlife to late life and the risk of depressive symptoms: the Singapore Chinese Health Study](#)

Short sleep duration in midlife, regardless of subsequent prolongation, is associated with an increased risk of depression in late life. Contrariwise, both short and long sleep duration in late life co-occur with depressive symptoms.

[Projections of anxiety disorder prevalence during and beyond the COVID-19 pandemic in Germany using the illness–death model](#)

Any increased incidence during the pandemic resulted in elevated prevalence over the projection period. Projection of anxiety disorder prevalence based on the illness–death model enables simulations with varying assumptions and provides insight for public health planning.

[Evaluating a volunteer 'Health Champions' intervention supporting people with severe mental illness to manage their physical health: feasibility hybrid randomised controlled trial](#)

The Health Champion intervention was feasible to implement, but the implementation of the study measures was problematic. Participants found the intervention acceptable, feasible and appropriate, and it led them to make changes in their physical health.



15 October 2024

[Understanding the medication regimens associated with anticholinergic burden in older people's mental health services in the UK](#)

Adults under the care of older people's mental health services are commonly prescribed multiple medications for psychiatric and physical disorders; these medication regimens can have a high anticholinergic burden, often an inadvertent consequence of the co-prescription of medications with modest anticholinergic activity. Prescribers for older adults should assess the anticholinergic burden of medication regimens, assiduously check for adverse anticholinergic effects and consider alternative medications with less anticholinergic effect where indicated. The use of a scale, such as the AEC, which identifies the level of central anticholinergic activity of relevant medications, can be a helpful clinical guide.

Blog

[The importance of mental health education](#)

For patients and families, having access to quality mental health education can make a profound difference in understanding and managing mental health conditions. With this in mind, this article presents the importance of mental health education, including effective strategies such as tailoring content to certain audiences, using multiple formats and incorporating lived experiences.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance August 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.

E-Learning

[New eLearning for occupational therapists working in perinatal mental health](#)

Three new sessions of the Perinatal Mental Health for Occupational Therapists eLearning programme have been developed in collaboration with the Royal College of Occupational Therapists and the NHS England E-Learning for health Programme. The new eLearning sessions are designed to support staff in improving their knowledge and understanding of perinatal mental health to ensure better practice among parent infant practitioners including midwives, health visitors, psychologists, social workers and occupational therapists.

News

[Government has a unique opportunity to create a humane environment for those seeking asylum](#)

A new report from the Royal College of Psychiatrists highlights how the Government has the opportunity to reform the immigration system, while ensuring the mental health of those seeking sanctuary in the UK is protected.



Depression

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



NHS
Mersey Care
NHS Foundation Trust

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[Exploring workplace mental health](#)

The British Psychological Society have collated resources from across the BPS that champion mentally healthy workplaces.

[Largest ever study on British South Asian maternal mental health published](#)

The study compared a talking treatment for postnatal depression developed specifically for British South Asian women, called the 'Positive Health Programme', delivered in a group setting, to usual treatment provided by a GP. The aim was to find out if the group talking treatment worked and if it was value for money. It was found that more women in the Positive Health Programme group recovered, compared to the treatment-as-usual group. By 12 months, the women in the Positive Health Programme group continued to stay well, but by that time the women in the usual treatment group also recovered. The results are promising, as more women in the Positive Health Programme group recovered both quickly and significantly, and this has implications for developing future care.

[Mental health app could help prevent depression in young people at high risk](#)

A cognitive behavioural therapy (CBT) app has been found to effectively prevent depression in young people who are at high risk - and could be implemented as a cost effective public mental health measure.

[Warning lights flashing on mental health stigma, says Mind](#)

The charity's latest [Attitudes to Mental Illness report](#) - the most comprehensive analysis of the state of stigma around mental health in England - shows that several key measures of public attitudes to mental health have seen their first decline in over 10 years.

[Thousands of people are still waiting six months or more to access specialist psychological support in Wales](#)

Freedom of Information Requests from Mind Cymru show around 2,000 people a month in Wales with moderate and severe mental health conditions are still waiting more than 6 months to receive therapies.

[England's NHS mental health services treat record 3.8 million people last year](#)

Around 3.8 million people were in contact with NHS mental health, learning disability and autism services over the last year, up almost two fifths compared to before the pandemic. New NHS [figures](#) published today show that 3,790,826 people were in contact with services during 2023-24, compared to 2,726,721 in 2018/19.

[Teachers regularly helping pupils in distress in attempt to fill NHS funding gap](#)

Teachers are picking up the pieces of the deepening crisis in children and young people's mental health, with many regularly helping pupils in distress on top of their classroom duties.

[87,000 people with a severe mental illness have died from preventable physical health conditions in three years](#)

The Royal College of Psychiatrists is calling on the Government to take urgent action to close the mortality gap between people with severe mental illness (SMI) and the rest of the population. Adults living with SMI - such as bipolar disorder and schizophrenia - have a life expectancy 15 to 20 years lower than the general population.

