

Depression

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



NHS
Mersey Care
NHS Foundation Trust

29 October 2024

Studies

[Game on for mental health? Reviewing the effectiveness of applied and casual games for young people's mental health](#)

Summarise a large systematic review synthesising the effectiveness of applied and casual games on young people's mental health.

[Are current perinatal depression screening practices following guidelines' recommendations?](#)

Summarises a recent Chinese review of perinatal depression screening and international guideline recommendations, which finds that routine screening and referrals for perinatal depression were not widely adopted in clinical practice.

[Is my depression the same as your depression? Network analysis finds individual variation in how symptoms aggravate each other over time](#)

Explore a recent network analysis and ecological momentary assessment study, which provides clear evidence that the relationships between depressive symptoms vary between individuals with depression who are matched on overall depression severity.

[Is a sleep intervention delivered by non-expert practitioners feasible for youth mental health?](#)

Explores a new paper looking at the feasibility of a CBT for insomnia intervention (delivered by non-expert practitioners) for young people with mental health difficulties.

[A deep dive into trauma-informed care in crisis, emergency and residential mental health settings](#)

Summarises a scoping review that finds significant evidence gaps around the implementation of trauma-informed care in emergency care, crisis teams, crisis houses and acute day hospitals.

[Navigating mental health support for female migrants in Europe: insights from a systematic feminist review](#)

Explores a review on the female migrant experience in accessing mental health support in primary care settings across Europe, which concludes that services must be culturally aware and gender sensitive.

[Predicting antidepressant response using artificial intelligence](#)

Discusses new findings on whether and how we can predict antidepressant response using artificial intelligence.

[Predictors of mental well-being among family caregivers of adults with intellectual and developmental disabilities during COVID-19](#)

Family caregivers need ways to foster social connections with other families, and support to properly utilise healthcare and social services during public health emergencies. Helping them attend to their needs as caregivers can promote their mental health and ultimately improve outcomes for their family members with disabilities.



Depression

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



NHS
Mersey Care
NHS Foundation Trust

29 October 2024

[‘I am more stressed if my infection affects others’: development of a COVID-19-related stress scale in older people and examination of its validity and associations with mental health risks](#)

The Delphi process enhanced our understanding of what older people perceived as stressful, much of which resulted from certain healthcare strategies and reflected cultural influences. These and the MIMIC results highlight the need to balance public health policies with respect to infectious diseases and older people's mental health and quality of life.

[Should face-to-face in-person therapy be preserved for some clients with anxiety? Evaluation of Anxiety UK's psychological therapy services before and during the COVID-19 pandemic](#)

Anxiety UK services remained effective throughout the pandemic. We observed no evidence that any demographic group had worse outcomes following the forced switch to remote therapy.

Reports

[Tackling inequalities faced by minority groups in mental health through the Personalised Care Programme](#)

People from Black, Asian and ethnic minority communities facing mental illness or distress encounter barriers in accessing personalised mental health care, including personal health budgets, which are essential for their safety and recovery. This report, by the Association of Mental Health Providers, NHS England and the Race Equality Foundation, aims to provide solutions to these disparities and offers key learnings to change this.

[Access to Crisis Care via NHS 111 Mental Health, April to August 2024](#)

This publication introduces a newly established data collection for demand and call handling data items related to accessing crisis care via the NHS111 'select MH option'. This data will provide important insights into how accessible the crisis care system is helping to identify any gaps or inefficiencies. Additionally, the data will be used to support demand and capacity planning across services enabling better resource allocation and service provision. Benchmarking data will also be made available allowing providers to compare their performance and identify areas for improvement. This information will be invaluable for both operational decision making and strategic planning across the crisis care system.

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.

Webinar

[Early intervention for depression for young people, Fri 29 Nov 2024 at 12:00](#)

This webinar will give you information about the very successful [BESST trial](#) that evaluated the DISCOVER day-long Stress workshops. It will describe how we ran the trial, the results obtained, and lessons we learned from running the trial.



Depression

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



Mersey Care
NHS Foundation Trust

29 October 2024

Briefing

[Consumer debt and mental health](#)

Examines the relationship between debt and mental health, alongside risk factors and policy considerations for support and interventions.

News

[Risk of "failing the future" if children and young people don't get the care they need, CQC warns](#)

Many children and young people are not currently getting the support they need. This year's State of Care report highlights this as a risk not just for today, but for the future. Children who do not receive the care they need today are at increased risk of becoming adults with long-term mental or physical illnesses, which could affect their quality of life and their ability to contribute to society tomorrow.

[Mental health hospitals are 're-traumatising' patients](#)

An independent report published today by the Health Services Safety Investigations Body (HSSIB) has found that mental health patients are being 're-traumatised' in hospitals. The [report](#) shows how mental health inpatient settings are not just falling short of care standards, but in some cases harming patients, with widespread failures across key areas including workforce, built environment, and social and organisational factors.

[People with depression could administer brain stimulation at home, trial shows](#)

People with major depression could alleviate their symptoms by self-administering a form of electrical brain stimulation at home, according to a clinical trial of the therapy. Writing in the journal [Nature Medicine](#), the researchers report that depression improved in both groups over the 10-week course, according to their scores on standard depression scales.

[Samaritans Cymru call for urgent improvement across health services as research shows people on parenthood journey in Wales are left struggling to cope](#)

Samaritans Cymru have launched a new project which aims to reduce suicide and poor mental health for people on the parenthood journey in Wales. Their new research report *Waiting for Change* is based on a Wales-only survey that evidences support for people on the parenthood journey in Wales is inadequate and unacceptable.

