

Depression

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



NHS
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2 October 2024

News

[NICE recommended digital therapies for depression and anxiety could free up thousands of NHS therapist hours](#)

As more people come forward for help, the NHS is looking to use NICE-recommended digital therapies to help increase the support available. We recommend 7 digitally enabled therapies to treat depression and anxiety disorders in adults. NICE also recommends 4 digital technologies that can help children and young people with feelings of anxiety or low mood, and another 4 technologies for people with psychosis: 3 digital therapies to help manage symptoms or prevent relapse in adults, and a virtual reality (VR) technology to treat severe agoraphobia in those over 16. The actual number of hours saved will depend on the proportion of patients who opt to use digital therapies.

[15% of households taking time off work due to mental ill-health](#)

A new survey, commissioned by the RCPsych, shows that 9% of adults had to take time off work due to mental ill-health in the last year, while 6% said someone in their household had to. Around 45% of them were unable to work for a month or more. The survey also found that 31% of respondents would not feel comfortable asking their employer for time off due to mental ill-health (increased to 48% for those actively working). Young people aged 18 to 24 were the most likely to feel uncomfortable at 44% (65% for those actively working).

[The big idea: how to use your senses to help beat depression](#)

Our research suggests that it's not sadness per se that leads to poor mental health, but shutting down input from the body. 'Sense foraging' offers a way out of the trap.

[Mental health overtakes cancer and obesity as Britons' biggest health worry](#)

Mental health has overtaken cancer and obesity as the health problem most Britons worry about, a global survey has revealed. When the study began in 2018, exactly the same proportion of British participants – 50% – identified cancer, obesity and mental health as among the biggest health problems facing the country. But mental health has moved up the rankings to become the illness that the most number of people (54%) in England, Scotland and Wales now say is a worry.

[Urgent action needed to understand links between air pollution and mental health](#)

[In a paper published by the British Journal of Psychiatry Open](#), researchers led by psychiatrist Professor Kam Bhui at the University of Oxford, say that while poor air quality is a risk factor for mental illness, progress in understanding the causes and impact has been too slow.

[Improving knowledge in mental health practitioners in the clinical management of long COVID](#)

A new education session has been developed for mental health nurses and practitioners to cater to their unique working environment and recognise the complex needs of service users. This new session will better equip mental health nurses and practitioners to support those suffering from the impact of Long COVID/Post COVID syndrome and will include an Introduction to Long COVID, Post-COVID Syndrome and Living with Long COVID (complimenting existing Long COVID sessions) in the context of mental health. It will also explore options and interventions available to the mental health nurse and other mental health colleagues in supporting patients and their families.



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[UK Government missed opportunities to support the nation's mental health during Covid pandemic, says charity](#)

The UK Government's response to the mental health impacts of Covid-19 was "slow, sporadic and reactive", which exacerbated distress and led to longer-term harms, a report from Centre for Mental Health has said.

[Professor Sir Chris Whitty acknowledges UK Government had "no plan" for mental health during pandemic](#)

Professor Sir Chris Whitty, Chief Medical Advisor to the UK Government, confirmed today that there was no Government plan to mitigate the mental health impact of the Covid-19 pandemic under questioning by mental health charity Mind.

Blogs

[On the outside, looking in: sibling experiences of adolescent inpatient mental health care](#)

Appraises a qualitative study that explored young people's experiences of their sibling being admitted to a mental health inpatient unit.

[When the clouds clear: the journeys of school psychologists working with gender diverse young people](#)

Summarises a qualitative systematic review on the perspectives of school psychologists supporting young gender diverse people.

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.

