

Studies

[Crisis cafés: so much more than a cuppa](#)

Crisis Cafés – a novel form of community-based crisis alternative. A recent small-scale interview study provides the first evidence on their UK implementation.

[Critical lack of evidence about social media use and youth mental health in clinical populations](#)

Summarises a recent review investigating the impact of social media use on internalising symptoms in adolescents from clinical and community samples.

[Peer support interventions delivered by paid peer and family workers: an umbrella review](#)

Considers an umbrella review on the effectiveness and implementation of peer support interventions in mental health.

[Examining the association between maternal prenatal psychiatric disorders and behavioural problems among offspring in early childhood: population-based study](#)

Children exposed to prenatal maternal mental illness had greater odds for behavioural problems, independent of postnatal exposure. Those exposed to prenatal maternal anxiety were at greatest risk, highlighting the need for targeted interventions for, and support of, families with mental illness.

[The mental health impact of repeated COVID-19 enforced lockdowns in England: evidence from the UK Household Longitudinal Study](#)

Repeated lockdowns in England had a substantial impact on mental health, indicating requirements for ongoing mental health support.

Statistics

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



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



NHS
Mersey Care
NHS Foundation Trust

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News

[NHS supports thousands more people back into work](#)

Almost 70,000 people with mental health issues were given employment support last year as part of the NHS Talking Therapies Programme – up nearly two-thirds on the year before, latest NHS figures show.

[“Access to support isn't equitable across the NHS” – Developing the Workforce Wellbeing Programme](#)

BPS and NHS Charities Together have joined forces to provide clinical expertise, learnings and insights to support the development of an important new Workforce Wellbeing Programme.

[Scientists find hundreds more genetic risk factors for depression](#)

The [study](#), published in the journal Cell, found 700 variations in the genetic code of individuals linked to the development of depression, almost half of which had never been associated with the condition before.

[Is a brain-stimulation headset the answer to depression?](#)

The makers of a device that delivers small electrical impulses to the brain are hailing the technology as a groundbreaking mental health treatment, but others are sceptical.

