

Depression

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



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7 January 2025

Studies

[Like father like offspring: paternal anxiety associated with children's emotional and behavioural health](#)

Summarises a recent systematic review which finds that anxiety in fathers has a broadly similar impact on children, compared to maternal anxiety.

[Prevention is where it's at for children and young people's mental health](#)

Summarises an umbrella review investigating the effectiveness of preventive interventions for children and young people at-risk of developing mental health problems.

[How can we help young people feel less lonely? What do young people want?](#)

Appraises a qualitative study exploring young people's views on the acceptability and feasibility of youth loneliness interventions.

[Networks of care for the modern adolescent](#)

Adolescents are accessing mental health support across informal, semi-formal, and formal sources of care. Services can no longer be developed, delivered, or evaluated in isolation from these networks.

[Evidence for music therapy and music medicine in psychiatry: transdiagnostic meta-review of meta-analyses](#)

Music therapy shows promising potential as an adjunctive treatment for psychiatric disorders, but methodological weaknesses and variability limit the evidence. More high-quality, well-powered studies are needed to reliably confirm its effect size.

[Prevalence and treatment of perinatal anxiety: diagnostic interview study](#)

Prevalence rates overall are consistent with previous research, lending validity to the findings. However, findings challenge the assumption that everyone with a psychological disorder wants treatment. These findings highlight the importance of relationship-based care, where individual needs and contextual barriers to treatment can be explored.

[Real world effects of antidepressants — Department of Psychiatry](#)

New [study](#) compared real-world effects of different antidepressants with data from randomised controlled trials. The study showed that antidepressants as used in the real-world have overall low acceptability, moderate-to-high tolerability and safety, and small-to-moderate effectiveness. SSRIs (Selective Serotonin Reuptake Inhibitors such as citalopram, fluoxetine, and sertraline) display the most favourable benefit/risk profile. These observational findings were broadly in line and complement those from randomised controlled trials.

Statistics

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



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Blog

[Hospital admissions for mental health conditions before and during COVID-19](#)

In the UK, an estimated 1 in 6 people live with depression, and 1 in 4 with anxiety. The prevalence of mental health conditions increased during COVID-19, likely due to the pandemic itself, government measures including lockdowns and school closures, and disrupted access to mental health care. But how did England compare with other nations? Were our levels of mental health conditions higher than elsewhere?

News

[As a child psychiatrist, I see what smartphones are doing to kids' mental health – and it's terrifying](#)

The online world is forcing children to grow up before they are ready, and parents need government's help to combat its harms.

[Urgent referrals of children in mental health crisis in England rise 13% in year](#)

The number of children referred to emergency mental healthcare in England has risen by 10% in a year, with lengthy waiting lists for regular NHS care pushing more to crisis point. There were 34,793 emergency, very urgent or urgent referrals to child and adolescent mental health services crisis teams between April and October 2024, analysis of official data by the mental health charity YoungMinds found. That compared with 31,749 in the same six-month period in 2023.

[Do you feel overwhelmed? Here's why – and how to fix it](#)

Modern life is so demanding that it can lead us to feel chronically drained. How can we address the problem before everyday stress turns into burnout?

[Pollution exposure linked to mental health hospital admissions, says study](#)

Exposure to air pollution is linked to an increased risk of hospital admission for mental illness, according to the most comprehensive study of its kind. The research, involving more than 200,000 people in Scotland, found an increase in exposure to nitrogen dioxide in particular was associated with a higher number of people being admitted to hospital for behaviour disorders and mental illnesses.

[Consuming arts and culture is good for health and wellbeing, research finds](#)

Consuming culture is good for your health and wellbeing – and generates £8bn a year worth of improvements in people's quality of life and higher productivity. That is the conclusion of the first major UK research to quantify the impact the arts and heritage can have on physical and mental health and the monetary value of the advantages they bring. Going to an arts event or taking part in a cultural activity, even only occasionally such as every few months, confers an array of "significant" benefits that can include alleviating pain, frailty, depression and dependence on medication, [the government-commissioned review has found](#).

