

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



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Studies

[Trauma clinicians weigh in: how physical exercise can support trauma treatment](#)

Considers clinician's perspectives of the benefits of physical exercise in treatment for post-traumatic stress disorder and complex trauma.

[Tell me what you want, what you really really want: lived experience involvement in co-developing outcome measures](#)

Explores a new systematic review out today in The Lancet Psychiatry, which stresses the importance of involving of people with lived experience of mental health disorders in co-developing research outcome measures.

[Casual associations between frailty and nine mental disorders: bidirectional Mendelian randomisation study](#)

Our findings show bidirectional causal associations between frailty and MDD, insomnia and neuroticism. Additionally, higher frailty levels are associated with anxiety and PTSD, and suicide attempts are correlated with increased frailty. Understanding these associations is crucial for the effective management of frailty and improvement of mental disorders.

[Associations between physical activities and self-harm behaviour in depression across the genotype: findings from the UK biobank](#)

A genotype-specific dose of light-intensity physical activity reduces the risk of self-harm by around a fourth in depressive patients.

Operational Guidance

[NHS England » 2025/26 priorities and operational planning guidance](#)

In line with the [Government Mandate](#), the 2025/26 priorities and operational planning guidance sets out a focused, smaller number of national priorities for 2025/26 with an emphasis on improving access to timely care for patients, increasing productivity and living within allocated budgets, and driving reform. To support this, systems will have greater control and flexibility over how they use local funding to best meet the needs of their local population. One of the national priorities to improve patient outcomes in 2025/26 is to improve patient flow through mental health crisis and acute pathways, reducing average length of stay in adult acute beds, and improve access to children and young people's (CYP) mental health services, to achieve the national ambition for 345,000 additional CYP aged 0 to 25 compared to 2019.



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Cochrane Review

[Antidepressants versus placebo for generalised anxiety disorder \(GAD\)](#)

This review added to the growing literature on antidepressants in the treatment of GAD. We have high confidence that antidepressants are more effective than placebo at improving treatment response and that antidepressants have similar acceptability to placebo.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Personal well-being, loneliness and what people in Great Britain felt were important issues; indicators from the Opinions and Lifestyle Survey (OPN).

Report analysis

[Mental health trends among working-age people](#)

The mental health of the working-age population appears to be getting worse. Over 10% of working-age people report signs of poor mental health across a range of data sources, including self-reported survey measures, screening tools and clinical diagnoses.

Blog

[Understanding the crisis in young people's mental health](#)

Professor Peter Fonagy, Head of the Division of Psychology and Language Sciences at UCL, argues that the mental health crisis among young people cannot be addressed without fundamentally rethinking how we support their development.

[Unravelling the rise in mental health-related inactivity](#)

Dr Annie Irvine, Lecturer in Social Policy and Public Management at the University of York School for Business and Society, argues we need to take a much more holistic approach to understanding capacity for work if we want to tackle mental health-related inactivity.



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News

["Mental health crisis affecting children is bad for individuals, the NHS and national productivity" says RCPsych in response to new report](#)

The Future Minds campaign has [published a new report](#) about the mental health crisis affecting children and young people and its impact on national productivity.

[Mental health crisis in Northern Ireland cannot be overstated say psychiatrists](#)

The crisis in mental health care cannot be overstated, Northern Ireland's leading psychiatrists said today. The statement comes as [RCPsych in Northern Ireland](#) launched [Time to Bridge The Gaps](#) a report looking at the significant gaps between the goals outlined in the 10-year Mental Health Strategy and the actual funding provided for its implementation.

[Scientists find that things really do seem better in the morning](#)

UCL study into mental health and wellbeing finds that people generally feel worse at night and on Sundays. [Their findings were published](#) in the journal BMJ Mental Health.

[Anxiety the top mental health concern for children contacting our Childline service](#)

In the first six months of 2024/25, Childline delivered over 6,600 counselling sessions related to anxiety, both online and over the phone. This represents almost a quarter (24%) of all counselling sessions about mental health and wellbeing.

[Child mental health admissions to acute wards in England rise 65% in a decade](#)

The number of children admitted to acute hospital wards in England due to serious concerns over their mental health has increased by 65% in a decade, with a particularly alarming surge in girls who have self-harmed, research reveals. [A new study](#) published in The Lancet Child & Adolescent Health journal sheds light for the first time on how rising numbers are being admitted to acute hospital wards because of clinical concerns over the state of their mental health.

