

## Studies

### [Rethinking how we evaluate interventions that target the social determinants of mental health](#)

Critiques a large umbrella review which explores the effectiveness of interventions on social determinants of mental health.

### [Nature's healing benefits: breaking down barriers for South Asian communities in the UK](#)

Considers a systematic review on the barriers that South Asian people living in the UK can face when trying to access natural green spaces, and the psychological benefits that nature can provide.

### [Personal trauma is associated with secondary traumatic stress in mental health professionals](#)

Blog about a systematic review finding that personal trauma is linked to onset of secondary trauma in mental health professionals.

### [Hormonal coil dosage and depression risk](#)

Discusses the latest research on dosage of levonorgestrel-releasing intrauterine system (LNG-IUS) and the risk of depression. A well conducted study from Denmark "provides evidence of a dose-dependent association between LNG exposure and risk of subsequent depression across three dosages".

### [Childhood adversity and adult depression: Psychoanalysis vs CBT](#)

Looks at a study of childhood adversity and 'treatment resistant depression' and asks: Can long-term psychoanalytic therapy provide deeper healing for chronic depression than CBT?

### [Home-based brain stimulation \(tDCS\) for depression: ready for widespread use?](#)

Discusses the results of a new 10-week RCT assessing home-based brain stimulation for depression, which suggests that tDCS may be a safe, acceptable and efficacious treatment for moderate depression.

### [Evaluation of a nationwide whole-school approach to mental health and well-being in 40 149 Australian secondary school students: cluster quasi-experimental study](#)

Our findings indicate that whole-school interventions may require long-term investment to realise their potential and highlight implementation duration as an important consideration for future evaluations of whole-school interventions.

### [Understanding the experiences of family, friends and carers attending Recovery Colleges: focus group study](#)

The unique characteristics of Recovery Colleges suited the recovery needs of family carers. However, more resources are needed to develop this potential and reach more family carers. Family carer co-researchers enriched our findings, and discussions with the Recovery College community furthered our recommendations for practice.

### [Associations between oral hormonal contraceptives and internalising problems in adolescent girls](#)

In this research, we found that adolescent girls using OCP reported fewer internalising problems compared with non-users. This association was most prominent for girls with pre-existing internalising problems. Although healthy user bias may have a role, our observations suggest a potential therapeutic benefit for those with greater baseline challenges.



# Depression

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



Mersey Care  
NHS Foundation Trust

18 March 2025

## [Poor mental health and its impact on academic outcomes in university students before and during the COVID-19 pandemic: analysis of routine service data](#)

Poor student mental health profiles and related explanatory factors may not have changed drastically between pre- and peri-pandemic. Longitudinal methods and intersectional approaches should be used in future research. Further understanding of how universities and student mental health services can most efficiently and effectively support the mental health of university students is crucially warranted.

## Statistics

### [NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance January 2025 - NHS England Digital](#)

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.

## Report

### [How racism affects health](#)

Evidence shows that experiencing racism, and the fear of racism, is associated with poorer mental and physical health. It is linked to depression, stress, emotional distress, anxiety, post-traumatic stress disorder (PTSD) and suicidal thoughts. It can also impact physical health by causing high blood pressure and a weakened immune system. Research from the US has also shown that through stress, racism can cause various forms of inflammation that can lead to chronic illness.

## eLearning

### [Foundation Programme Update - Mental Health Assessment - elearning for healthcare](#)

Mental health assessment is a vital part of all doctors' professional practice. How good are you at managing these patients? Available in the elearning for healthcare Foundation Programme (2021 curriculum) – the following sessions cover areas in your curriculum on; FPC 1: Clinical Assessment, FPC 2: Clinical Prioritisation and FPC 5: Continuity of Care.

## News

### ["Rise in people with mental illness being driven by real societal challenges and lack of available treatment" says RCPsych President](#)

The President of the Royal College of Psychiatrists responds to the Secretary of State for Health and Social Care, Wes Streeting's [comments that mental health conditions are being overdiagnosed](#).

### [People caught in 'damaging cycle' of re-admittance to mental health services due to a lack of suitable community support, CQC reports](#)

Many people with mental health needs are not getting the care they need, the Care Quality Commission (CQC) has highlighted in a report.



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



**NHS**

**Mersey Care**  
NHS Foundation Trust

18 March 2025

[‘It brings you in and shelters you’: NHS creates ‘recovery gardens’ for staff and patients](#)

Trusts are working with the Royal Horticultural Society to create outdoor refuges for staff and patients. With stress among NHS staff at record levels, and as the awareness of the psychological benefits of being in nature increases, growing numbers of NHS hospital trusts are noticing the untapped potential of their outdoor spaces – and turning to gardeners for help. In the past 10 months alone, 16 NHS hospitals, GPs and other healthcare settings have contacted the Royal Horticultural Society (RHS) to ask for help creating “wellbeing gardens” for staff, patients and visitors.

[Mental ill-health is behind soaring disability benefits bill in England and Wales, report says](#)

Institute for Fiscal Studies says half of the rise in working-age people claiming the benefit last year is linked to mental health. More than half of the increase in disability benefits is due to more mental health claims, according to [research](#).

[Mental health charities struggling to cope with GP-referral influx](#)

Mental health charities in England are struggling to cope with the number of sick patients referred to them by GPs, with under-qualified professionals increasingly tasked with treating the seriously ill.

