

## Studies

["I don't need a cup of tea, I need some @#\\$%&! help": #camhs through the lens of TikTok](#)

Summarises a qualitative study exploring the #camhs hashtag on TikTok and how young people experience child and adolescent mental health services.

[Smoking and depression](#)

Discusses new research on the effects of smoking cessation treatment options for people with past or current major depressive disorder.

[We need to improve sleep assessment and treatment in patients with severe mental illness](#)

Looks at how sleep is recorded and treated in people with serious mental illness—and how it affects their engagement with services. The study finds that sleep is rarely part of routine clinical assessment, and recommended sleep treatments are hardly ever used.

[Just how good are different psychotherapies for common mental health problems?](#)

Reviews a recent study on psychotherapies for 8 mental disorders, finding that while most outperform control treatments, response rates remain modest.

[Lithium is best at decreasing the risk of depression-related hospitalisation in bipolar disorder, according to new cohort study](#)

This Swedish cohort study is yet more evidence for lithium as an excellent treatment for people with bipolar disorder. This time it comes out on top in terms of preventing depression-related hospitalisation.

[Which exercise interventions treat depression most effectively? A systematic review and network meta-analysis](#)

Summarising a recent review which finds that a wide variety of activities can help treat depression, ranging from yoga and tai chi to high-intensity strength and aerobic training.

[Machine learning for prediction of childhood mental health problems in social care](#)

Machine learning performance on this prediction task was promising. Predictive performance in social care settings can be bolstered by linking diverse routinely collected data-sets, making available a range of heterogenous risk factors relating to clinical, social and environmental exposures.

[Retrograde amnesia following electroconvulsive therapy for depression: propensity score analysis](#)

In propensity score analyses, statistically significant reductions in autobiographical memory recall consistency were found in bitemporal and high-dose right unilateral ECT within days of an ECT course and 3 months following final ECT session. The reduction in autobiographical memory consistency was substantially more pronounced in bitemporal ECT. Retrograde amnesia for items recalled before ECT occurs with commonly utilised ECT techniques, and may be a persisting adverse cognitive effect of ECT.

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



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## Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance February 2025](#)

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.

## Survey Results

[Community mental health survey 2024](#)

The results show that people are continuing to have poor experiences of NHS community mental health services. Particularly around crisis care support, information about medication and support for wider needs. There has been very little change in results compared with 2023; however, there has been positive changes for support accessing care and information about some aspects of their medication. There has been a small increase for people not getting the help they needed from services.

## Blogs

[Invest in childhood](#)

Invest in childhood explores how the Government can use its powers to prevent mental health difficulties in children, investing in what works, and averting the need for more serious interventions. It identifies six critical areas for immediate action, from the perinatal period and early years, to schools and colleges, and through to entering the job market. The report calls on the Government to invest in childhood and give every young person the best chance of having good mental health. The evidence-based actions it identifies are far less costly than allowing young people's needs to escalate until they require specialist care, or face financial adversity and lifelong disadvantage.

[Why we need more mental health social workers](#)

Social workers can be a lifeline for people living with severe mental illness. Taking a social approach – looking at people's broader needs in terms of housing, employment, rights, and navigating health systems – they make a big difference to people's quality of life. However, a recent [report](#) from the organisation Think Ahead emphasised that mental health social workers are repeatedly 'overlooked and undervalued' members of the mental health care workforce. It finds that there are currently around 8,700 social workers in adult mental health services in England, just under half of them in the NHS. This makes them just 2% of the mental health services workforce.



# Depression

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## News

### [New study finds an epilepsy drug could be effective for people with depression](#)

The study looked at how ezogabine affects certain brain activities in people with depression and anhedonia, the inability to experience pleasure or joy, which is a common symptom of many mental health conditions. Study participants were given either ezogabine or a placebo for five weeks and received MRI scans to assess activity in reward-related brain circuits. The results showed that ezogabine helped reduce brain activity related to anticipation and decreased connections between certain brain areas.

### [Benefits cuts risk deepening mental health crisis for people on low incomes](#)

Leading mental health charity Mind is warning benefit cuts will be devastating, as new research reveals people on low incomes are also worst hit by the impacts of mental health waiting lists.

### ['A beautiful discovery': how woodworking is helping people carve out inner peace](#)

The craft is gaining popularity among those in search of a way to slow down, switch off and improve mental health.

### [Does the UK have a mental health overdiagnosis problem?](#)

Mental ill health has been cited as a factor in the welfare overhaul, and experts agree it has worsened since the pandemic.

### [UK riots led to deterioration in asylum seekers' mental health, says report](#)

Last summer's riots, which took place after the murder of three girls at a Southport dance class, led to a deterioration in the mental health of asylum seekers, with many becoming fearful of walking down the street in case they were targeted by far-right protesters, according to a [report](#).

### ['Friendship benches' to offer free mental health support in Sussex](#)

People in Sussex who are depressed, lonely or anxious are to be offered free, easily accessible support through the Friendship Bench, a pioneering pilot spreading around the world. The Friendship Bench scheme, which involves a wooden park bench being placed in a public space, offers a listening ear, in the shape of so-called "grandmothers" and "grandfathers" to anyone passing. These lay counsellors receive just two weeks of training. But analysis published in the Journal of the American Medical Association found that the model resulted in an 80% reduction in depression and suicidal ideation, and a 60% increase in clients' quality of life.

