

Systematic Review

[The impact of family interventions on communication in the context of anxiety and depression in those aged 14–24 years: systematic review of randomised control trials](#)

There were mixed findings regarding whether family-focused interventions led to improvements in communication. Although there was limited evidence that family-focused interventions led to improvements in communication relative to interventions without a family-focused component, we discuss these findings in the context of the significant limitations in the studies reviewed.

Cochrane Review

[Mental Health First Aid as a tool for improving mental health and well-being](#)

We cannot draw conclusions about the effects of MHFA training on our primary outcomes due to the lack of good quality evidence. This is the case whether it is compared to no intervention, to an alternative mental health literacy intervention, or to an active control. Studies are at high risk of bias and often not sufficiently large to be able to detect differences.

Studies

[Exploring the experiences of loneliness in people with mental health difficulties](#)

Explores a qualitative study on loneliness experiences among people with mental health difficulties in the UK, which finds that mental health problems can lead to people feeling lonely, and feeling lonely can lead to poorer mental health.

[What are the benefits of including young people in mental health research? Findings from interviews conducted by co-researchers](#)

Summarises a recent qualitative study exploring the benefits of involving young people in mental health research.

[Everyday discrimination during the COVID-19 pandemic: the toll on mental health](#)

A group of UCL MSc students summarise a US study on the association of everyday discrimination with depression and suicidal ideation during the pandemic.

[The healthcare cost of multimorbidity in people with mental health diagnoses in Denmark](#)

Explores the individual and population level healthcare costs of multimorbidities in people with at least one mental health diagnosis in Denmark.



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Statistics

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

Indicators from the Opinions and Lifestyle Survey (OPN) reflecting the worries, personal well-being, and loneliness of adults in Great Britain.

Editorial

[Screening for depressive illness in adult populations](#)

Clinically there is a need to consider a more complete approach to screening that utilises screening tools embedded in a wider diagnostic approach which allows the detection and management of other confounding conditions.

News

[Mental health triggers among police being missed, says Scottish officers' body](#)

Data reveals 'startling' rise in number of absences due to psychological disorders. Triggers for mental health breakdown and self-harm in overstretched police officers are being routinely missed, according to their representative body in Scotland.

[Navigating the emotions of starting primary school](#)

To help parents and carers navigate this momentous occasion, the British Psychological Society (BPS) has provided top tips from its expert members, helping children to feel happy, safe and secure as they start in their new setting.

[New accreditation standards for Mental Health Wellbeing Practitioners](#)

The BPS has published new accreditation standards for Mental Health Wellbeing Practitioners (MHWPs).

