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

CPC

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

27 September 2023

Studies

[Mental health support teams in schools: an evaluation of the UK Trailblazer programme](#)
Reflects on an early evaluation of the Children and Young People's Mental Health Trailblazer programme, which looked at the first 25 'Trailblazer' sites implementing mental health support teams in schools.

[Exercise for depression: an evidence-based treatment option](#)
Summarises the biggest review yet on exercise for depression, which strengthens the case for making exercise a key component in our fight against depression.

[Mental health service pathways for children and adolescents with depression: do we have the data?](#)
Summarises a recent study exploring the healthcare pathways of children and adolescents seeking support for depression, from referral through to discharge.

[Building bridges between schools and mental health services to improve youth mental health support](#)
Summarises a recent paper reporting on two pilot trials exploring partnerships between schools and mental health services to test the utilisation and acceptability of specialist liaison and teacher skills training.

[Young people's mental health deteriorated at greater rate during the pandemic](#)
Major new study shows young people's mental health deteriorated during COVID-19, with higher levels of depression and social, emotional and behavioural difficulties than before the pandemic hit. The findings are part of the [MYRIAD (My Resilience in Adolescence)](#) study and are published in [the journal JAMA Network Open](#),

News

[University Challenge: Nearly half of parents worry kids are hiding issues while at uni](#)
Research carried out by Three UK highlights the communication breakdown between parents and children who flee the nest for university. The survey of 2,000 parents and caregivers whose kids have left home for university, revealed that two in five (44%) worry their child is not telling them the whole story about life at university, while more than a quarter (28%) think their child is actively hiding concerns or issues from them.

[Policy must tackle root causes of England's record mental ill-health, says report](#)
Ministers must tackle poverty, poor housing and air pollution to improve England's worsening mental health, a coalition of charities, thinktanks and staff groups has urged ministers. Their blueprint for better mental health also includes a crackdown on racism, reforms to the benefits system and action to end the stark inequality whereby people with severe psychiatric conditions die up to 20 years sooner than the general population. Their ideas are contained in a report, published by the [Centre for Mental Health](#).

[Wealthier children in UK 'had steepest drop in mental health during pandemic'](#)
Wealthier children experienced the steepest decline in mental health during the pandemic, research suggests. The findings, [published in the Journal of Epidemiology and Community Health](#), show the gap between the mental health of the poorest and richest children narrowed during the pandemic.

[UK government launches campaign to tackle loneliness at universities](#)
Millions of teenagers across Britain will arrive at university for the first time on Monday as freshers' week begins. Almost all will experience bouts of loneliness with nearly half being worried they will be judged if they admit to it, according to a sample of 1,000 students, collected by YouGov for the government. To try to tackle the issue, the minister for loneliness, Stuart Andrew, has launched an awareness campaign. Partnering with the charity Sporting Wellness, Student Radio Association, Student Roost and Student Minds, he wants students to open up and talk to each other.

[Happiness of girls and young women at lowest level since 2009, shows UK poll](#)
Nine in 10 seven to 21-year-olds feel worried or anxious and only 17% feel very happy, shows 'devastating' Girlguiding survey. The sharpest drop in happiness has been among seven to 10-year-olds. Only 28% say they are happy compared with well over half in 2009. There has also been a big rise in anger among 11 to 21-year-olds that "adults have damaged the environment" and their generation will "have to deal with it".

[Britain makes internet safer, as Online Safety Bill finished and ready to become law](#)
The Online Safety Bill has today (Tuesday 19 September) passed its final Parliamentary debate and is now ready to become law. Without this groundbreaking legislation, the safety of children across the country would be at stake and the internet would remain a wild west of content, putting children's lives and mental health at risk. The bill has a zero-tolerance approach to protecting children, meaning social media platforms will be legally responsible for the content they host and keeping children and young people safe online.

[One third of social care workforce sickness absence due to mental health and stress, troubling new figures reveal](#)
Mental health, stress and work-related stress was behind nearly one-third (30 per cent or 500,021 FTE days) of social care staff sickness absence in councils in England last year, shocking new figures uncovered by the British Psychological Society have revealed. Analysis of new data obtained by the British Psychological Society (BPS) from 114 local authorities in England, has also shown that for more than three quarters (77 per cent) of local authorities, mental health, stress, or work-related stress is the most common reason for sickness absence in their social care workforce. The data shows 1.6million days (1,653,117 FTE days) of sickness absence were taken by adult and children's social care staff in 114 councils in 2022-2023 in total.

[Tackle school absence crisis with better mental health and SEND support and urgent legislation, says Education Committee](#)
The Education Committee has proposed a range of measures to reverse the worrying trend of children's absence from school. In its new report the cross-party Committee explores how growing demand for mental health services and special educational needs (SEND) support, as well as cost-of-living pressures and other issues, have compounded a problem that worsened following the covid lockdowns but remains present.