

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



**NHS**

Mersey Care  
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Community and Mental Health Services

8 November 2023

## Studies

### [Guided self-help for anxiety: the importance of choice](#)

Summarises findings from a recent pragmatic, partially randomised, patient preference trial on two forms of guided self-help for anxiety.

### [If you've got a mental health problem, who you gonna call?](#)

Summarises a recent qualitative systematic review exploring patients' perspectives on barriers and facilitators to accessing mental health support through primary care services in England.

### [Is anxiety a gateway to other mental health problems? Comorbidities with depression and other anxiety disorders](#)

Summarises a study using data from the UK-based GLAD and COPING NBR cohorts to investigate factors associated with anxiety disorder comorbidity with anxiety and depression.

### [Self-stigma for people with depression: systematic review presents global prevalence data, risk factors and protective factors](#)

Blog about the stigma that people with depression can sometimes feel towards themselves; summarising a recent systematic review that estimates the global prevalence of depression self-stigma, alongside risk factors and protective factors.

### [The interplay of self-acceptance, social comparison and attributional style in adolescent mental health: cross-sectional study](#)

These findings underscore the importance of considering self-acceptance, social comparison and attributional style in understanding and addressing mental health challenges during adolescence. This could inform the development of targeted interventions to promote mental health and well-being among adolescents. However, further research is needed to confirm these findings in diverse populations and to explore the underlying mechanisms in greater detail.

### [Investigating the impact of undiagnosed anxiety and depression on health and social care costs and quality of life: cross-sectional study using household health survey data](#)

Having undiagnosed anxiety or depression increases costs and reduces health-related quality of life. Reducing stigma and increasing access to cost-effective treatments will have population health benefits.



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## Cochrane Review

[Primary-level and community worker interventions for the prevention of mental disorders and the promotion of well-being in low- and middle-income countries](#)

The evidence indicated that prevention interventions delivered through primary workers - a form of task-shifting - may improve mental health outcomes. Certainty in the evidence was influenced by the risk of bias and by substantial levels of heterogeneity. A supportive network of infrastructure and research would enhance and reinforce this delivery modality across LMICs.

## Statistics

[Personal well-being in the UK](#)

Estimates of life satisfaction, worthwhile, happiness, and anxiety, by select geographies including local authority level and individual characteristics and circumstances.

## Reports

[NHS 'Talking Therapies' review identifies barriers and opportunities in accessing care](#)

A landmark independent review of services provided by NHS Talking Therapies has identified that psychotherapy services need better tailoring to meet the needs of Black and minoritised ethnic groups. The comprehensive assessment review – '[Ethnic Inequalities in Improving Access to Psychological Therapies \(IAPT\)](#)', was undertaken in partnership with the [National Collaborating Centre for Mental Health \(NCCMH\)](#).

[Launch of first ever anti-racist framework for NHS Mental Health Trusts in England](#)

Placing patients and carers at the heart of culturally appropriate care, the Patient and Carer Race Equality Framework (PCREF) seeks to address health inequalities faced by patients from ethnic minority backgrounds, particularly Black patients—whose experience of mental health services is often worse than their white counterparts. This frequently results in worse health outcomes, deepening racial inequality.

[The great orange oasis: inside Liverpool's floating mental health centre](#)

Forget dreary hospital wings with long windowless corridors. Alder Hey's new light-filled outpost for young patients has a virtual ocean, a giant xylophone and a US-style diner that's straight out of the 50s.



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### [Mind reveals mental health toll of cost-of-living crisis, with 2.7 million people considering suicide because of financial pressure](#)

Research published by Mind shows the full impact of the cost-of-living crisis on the nation's mental health, with three in every 50 (6 per cent) people in England and Wales saying they have considered ending their lives because of it. Other findings include that one in five (20 per cent) people report worsening depression because of the cost of living, and one in ten (10 per cent) developing disordered eating as a result.

### [Government complacent over rural mental health](#)

In its response published today to the committee's rural mental health report published in May, the government states that the specific mental health needs of rural communities do not require targeted action and considers that existing provisions are sufficient to safeguard rural mental health. The EFRA Committee's report found that rural workers including farmers face particular stresses, including unpredictable weather and animal health crises, as well as changing and uncertain government policies which can affect their incomes as well as their mental health.

### [Health anxiety can be all-consuming. Accepting uncertainty is an important step](#)

Prof Gill Straker and Dr Jacqui Winship talk about the overwhelming fear some people have of contracting an illness or an excessive focus on symptoms are debilitating conditions, exacerbated by Dr Google.

### [Earlier mental health support announced for thousands nationwide](#)

The government has announced almost £5 million to fund early support hubs nationwide to deliver mental health support for children and young people. The drop-in centres offer mental health support and advice to local young people who will not need a referral by a doctor or school. They will not even need an appointment. Services provided include group work, counselling, psychological therapies, specialist advice and signposting to information and other services.

