

Depression

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

25 March 2024

Studies

[Hierarchy of demographic and social determinants of mental health: analysis of cross-sectional survey data from the Global Mind Project](#)

Social determinants of traumas, adversities and lifestyle can account for 60%–90% of mental health challenges. However, additional factors are at play, particularly for younger ages, that are not included in these data and need further investigation.

[Would've, could've, should've: a cross-sectional investigation of whether and how healthcare staff's working conditions and mental health symptoms have changed throughout 3 pandemic years](#)

Healthcare staff and nursing staff in particular continue to suffer in the aftermath of the COVID-19 pandemic. However, while employers were perceived as taking action against pandemic-specific job demands, pre-existing job demands causing stress and psychological strain for staff have remained uncombated.

[Geographical variation in perceptions, attitudes and barriers to mental health care-seeking across the UK: a cross-sectional study](#)

Our locally relevant and actionable findings suggest possible interventions that may improve care-seeking intention and indicate which of these interventions need to be geographically tailored to have maximal effect.

[Prevalence and predictors of depression and anxiety in patients with chronic rhinosinusitis: a systematic review and meta-analysis](#)

A significant proportion of people with CRS have symptoms of depression and anxiety, and early screening for depression and anxiety in people with CRS is critical. And, more attention needs to be given to females and patients with CRSsNP during screening.

[Effect of gender identity on the association between gender dysphoria and suicidality via appearance anxiety among transgender and gender-diverse young people: moderated mediation study](#)

Among TGD young people, gender dysphoria is significantly associated with suicidality via appearance anxiety, with gender identity moderating the mediating effects. Diverse treatments should consider the heterogeneity of TGD subgroups, with the aim of limiting the tendency of gender dysphoria to trigger appearance anxiety, thus further buffering against the risk of suicide.

Policy Paper

[Government response to the Joint Committee on the draft Mental Health Bill](#)

Response to the Joint Committee's recommendations for the draft Mental Health Bill to reform the Mental Health Act 1983 and deliver a modern mental health service.



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Reports

[Rapid review into data on mental health inpatient settings: final report and recommendations](#)

New easy read version of the report setting out findings and recommendations of the rapid review into data on patient safety in mental health inpatient pathways.

[Government response](#)

[Children's mental health services 2022-23](#)

This report contains findings on children's access to mental health services in England during the 2022-23 financial year, based on new analysis of NHS England data. This data underlines that demand for children's mental health services continues to outstrip the availability of support. Despite welcome increases in investment in Children and Young People's Mental Health Services (CYPMHS, commonly known as CAMHS) the inflation adjusted growth of investment has slowed.

[Monitoring the Mental Health Act in 2022/23](#)

This report sets out CQC's activity and findings during 2022/23 from our engagement with people who are subject to the Mental Health Act 1983 (MHA) as well as a review of services registered to assess, treat and care for people detained using the MHA.

Cochrane Review

[Psychological therapies for depression in older adults residing in long-term care settings](#)

This systematic review suggests that cognitive behavioural therapy, behavioural therapy, and reminiscence therapy may reduce depressive symptoms compared with usual care for LTC residents, but the evidence is very uncertain. Psychological therapies may also improve quality of life and psychological well-being amongst depressed LTC residents in the short term, but may have no effect on symptoms of anxiety in depressed LTC residents, compared to control conditions. However, the evidence for these effects is very uncertain, limiting our confidence in the findings.

News

[20,000 people off work in the UK every month for mental ill health](#)

DWP figures reveal thousands of people a month are assessed as unable to work because of mental health problems.

[New mental health toolkit available for Oxford students on University Mental Health Day](#)

A free digital mental health toolkit is now available to University of Oxford students as part of a research trial led by the university's Department of Psychiatry. [Watch a video about how the toolkit works.](#)

[Mental Health Digital Research Centre](#)

Liverpool City Region Combined Authority have published their plans for an [Investment Zone](#) and the projects seeking funds. Mersey Care has bid for funding to redevelop the former HMP Kennet site at Maghull Health Park as an international centre of excellence for mental health.

