

Studies

[Mental healthcare for ethnic minority groups: a call for substantial change](#)

Discusses a recent study about improving mental healthcare access and experiences for ethnically minoritised people in the UK.

[How do Black and South Asian women experience perinatal mental health services?](#)

Considers a UK qualitative study of perinatal mental health services, which explores the experiences of ethnically minoritised women.

[Keep on movin'... Even small doses of physical activity can lower our risk of depression](#)

Considers a systematic review published in JAMA Psychiatry, which suggests that relatively small doses of physical activity were associated with substantially lower risks of depression.

[Prevalence and correlates of manic/hypomanic and depressive predominant polarity in bipolar disorder: systematic review and meta-analysis](#)

Despite some limitations, our findings support the hypothesis that predominant polarity might be a useful specifier of bipolar disorder. Evidence quality was mixed, considering effects magnitude, consistency, precision and publication bias. Different predominant polarities may identify subgroups of patients with specific clinical characteristics.

[Association of clinical variables and thyroid-stimulating hormone with psychotic symptoms in patients with first-episode and drug-naïve major depressive disorder with elevated fasting blood glucose: preliminary exploratory study with a large sample](#)

Psychotic symptoms are frequently observed among FEDN MDD patients with elevated FBG, and depressive symptoms, suicide attempts and thyroid-stimulating hormone levels are related to psychotic symptoms in this cohort.

[Evaluating changes in functioning and psychological distress in visitors of the @ease youth mental health walk-in centres](#)

Reductions in psychological distress, improvements in functioning and high counselling satisfaction were found among @ease visitors, forming a basis for future research with a control group.

[Epidemiological features of depression and anxiety among homeless adults with healthcare access problems in London, UK: descriptive cross-sectional analysis](#)

Adults who are homeless and have difficulty accessing healthcare have high levels of depression and anxiety symptoms. Our findings support consideration of population-level, multisectoral intervention.

[Examining relationships between adverse childhood experiences and coping during the cost-of-living crisis using a national cross-sectional survey in Wales, UK](#)

Socioeconomically deprived populations are recognised to be disproportionately impacted by rising costs of living. Our study identifies a history of ACEs as an additional vulnerability that can affect all socioeconomic groups. Definitions of vulnerability during crises and communications with services on who is most likely to be impacted should consider childhood adversity and history of trauma.

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



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[Missing link: a qualitative analysis of community-based organisations' contributions to partnered collaborative care to treat late-life depression](#)

CBOs, when partnered with clinics, enhanced both medical and social aspects of depression treatment for older adults. CBOs are well positioned to assist primary care clinics in treating the complex health needs of older adults by providing new and strengthening existing aspects of partnered depression care while building patient trust among culturally diverse populations.

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.

News

[Brief online training can help teachers respond to pupils' mental health](#)

Brief, interactive online mental health training can help teachers better respond to their pupils' mental health difficulties, according to a new study.

[Poor mental health and long waits for support are fuelling school absence, say charities - Centre for Mental Health](#)

Growing levels of school absence are being exacerbated by poor mental health among young people, made worse by poverty and long waits for support, according to a new report. [Not in school: The mental health barriers to school attendance](#) says that levels of school absence have risen at the same time as escalating mental health problems among young people. One in five children now experiences a mental health difficulty, up from one in nine in 2017. Many wait unacceptable lengths of time to receive support which in turn prevents them from engaging in education.

[Record numbers of women accessing perinatal mental health support](#)

More than 57,000 new and expectant mums have received specialist support for mental health problems over the last year, up a third on 2022, NHS figures show. Every part of England now has a specialist mental health team thanks to the NHS Long Term Plan with experts offering women with moderate to severe or complex mental health needs support, including on how to develop the relationship between parent and baby. All new mums are also offered a comprehensive mental and physical check-up within six weeks of giving birth from their GP.

[Nurses in England took an average of one week off sick for stress last year, data shows](#)

Nurses in England took an average of a week off sick last year because of stress, anxiety or depression, NHS figures reveal. The disclosure has prompted concern that the intense strains nurses face in their jobs, including low pay and understaffing, are damaging their mental health and causing many to quit. Nurses and health visitors took a total of 1,675,275 days off sick during 2023 as a result of stress and similar conditions, NHS England data showed.



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[Perimenopausal women have 40% higher risk of depression, study suggests](#)

Perimenopausal women have a 40% higher risk of experiencing depression than premenopausal women, a global analysis of research suggests. Experts from University College London (UCL) found women could be vulnerable to depression in the run-up to their periods stopping, with the development of new cases or existing symptoms worsening. The research underlines the need to provide support and screening to effectively address women's mental health needs.

