

## Studies

### [Smartphone bans in schools are not associated with better mental wellbeing or reduced screen-time out of school](#)

Summarises a cross-sectional observational study investigating associations between school smartphone policies and mental wellbeing in young people.

### [What's the matter? The role of white matter microstructure in depression-related cognitive decline](#)

Discusses a study on the role of white matter microstructure in depression-related cognitive dysfunction, which highlights the importance of viewing major depressive disorder not only as a mood disorder, but as a condition with significant neurocognitive implications.

### [Can we prevent major depression before it starts? A global review of psychological interventions](#)

Considers a systematic review published in The Lancet Psychiatry which highlights the effectiveness of preventive psychological interventions for subthreshold depressive symptoms.

### [Can sleep and activity changes really predict mania in bipolar disorder?](#)

Reports on a year long study of digital mood monitoring in people with bipolar disorder, which suggests that sleep and activity changes precede hypomanic episodes by three days. This data could be a useful clinical tool, but more research is needed.

### [The other side of postnatal depression: what about Dads?](#)

Reviews a new randomised controlled trial from Pakistan testing "Learning Through Play Plus Dads": a group parenting programme designed to support fathers with postnatal depression.

### [Association of risk factors with mental illness in a rural community: insights from machine learning models](#)

The findings of this study suggest targeted interventions addressing housing and social determinants could improve mental health outcomes in similar rural settings. Further studies should consider longitudinal data to explore causal relationships.

### [Contributions of common and rare genetic variation to different measures of mood and anxiety disorder in the UK Biobank](#)

Future studies may benefit from using a combined internalising disorder phenotype, and may need to consider that different phenotype definitions may be more informative depending on whether common or rare variation is studied.

## NHS Workbooks

### [Digital mental health workbooks :: Mersey Care NHS Foundation Trust](#)

Mersey Care Mental Health Support Teams have developed resources and workbooks for common mental health and emotional wellbeing difficulties for young people, families and education staff to use.

## Webinar

### [SANE and Reed Free Webinar 15 May](#)

In recognition of Mental Health Awareness Week, Reed and leading mental health charity SANE invite you to a vital and inspiring webinar. This event is part of our Mental Health at Work Campaign, a commitment to building compassionate, inclusive, and high-performing workplace cultures.

## News

### [People with substance use and mental health disorders suffering harm and premature death after being excluded from care, warns RCPsych](#)

A [new report](#) from the Royal College of Psychiatrists warns that people who have a co-occurring substance use disorder and another mental health disorder (CoSUM) are being failed by a system that is not designed or equipped to meet their complex needs.

### [Progress expanding maternal mental healthcare at risk](#)

Analysis from the Royal College of Psychiatrists (RCPsych) finds that almost two thirds of Integrated Care Boards in England planned real-terms cuts to funding to perinatal mental health services in 2024-2025, despite demand being as high as ever. The College warns that without UK Government prioritisation, progress in increasing access to maternal mental health services could stall.

### [Mental Health and Wellbeing Strategy for Wales 2025-2035](#)

The Welsh Government has launched its new [Mental Health and Wellbeing Strategy for Wales](#). Guided by four vision statements and supported by a number of principles, the overarching aim of the Strategy is to ensure that people in Wales live in a country which promotes, supports and empowers them to improve their mental health and wellbeing, free from stigma and discrimination.

### [People in mental health crisis waiting up to three days in A&E in England](#)

Thousands of people in a mental health crisis are enduring waits of up to three days in A&E before they get a bed, with conditions "close to torture" for those in such a distressed state. At one hospital, some patients have become so upset at the delays in being admitted that they have left and tried to kill themselves nearby, leading nurses and the fire brigade to follow in an attempt to stop them. A&E staff are so busy dealing with patients seeking help with physical health emergencies that security guards rather than nurses sometimes end up looking after mental health patients. The findings are included in research by the Royal College of Nursing. Its leader, Prof Nicola Ranger, called the long waits facing those in serious mental ill health, and the difficulties faced by A&E staff seeking to care for them, "a scandal in plain sight".

### [Weight-loss jabs may be good for mental health, research shows](#)

Weight loss jabs may be good for people's mental health as well as helping curb their appetite, according to research.

### ['It cannot provide nuance': UK experts warn AI therapy chatbots are not safe](#)

Experts say such tools may give dangerous advice and more oversight is needed, as Mark Zuckerberg says AI can plug gap.

[Nature nurture: the Devon estate where rewilding and mental health go hand in hand](#)

A restoration project at Sharpham near Totnes aims to tackle the loss of the natural world while helping people build mental resilience.

[UK among lowest-ranked countries for 'human flourishing' in wellbeing study](#)

Britain ranks among the poorest countries for "human flourishing", according to a major study that raises questions about the nation's wellbeing and younger people in particular. The survey, which spanned 22 countries on six continents, rated the UK 20th based on a combined score that considered a range of factors from happiness, health and financial security to relationships and meaning in life.

[NHS teams helping pupils manage stress ahead of exam season](#)

Hundreds of thousands of pupils sitting exams have been helped to manage stress and anxiety by NHS teams in the classroom. Almost 600 hundred colleges and sixth form centres have NHS clinicians offering one-to-one support, workshops, and training for teachers on how to support pupils struggling with their mental health.

[Disturbing online content "one of the biggest looming threats to young people's mental health" as research shows harmful experiences widespread](#)

More needs to be done in schools to help young people navigate online communities safely, the Mental Health Foundation has said. The call comes as new research, released to mark Mental Health Awareness Week and its theme of 'community', highlights how witnessing harmful content online has become a commonplace experience for young people.

[Access to crisis care via NHS 111 - Mental Health, March 2025](#)

This publication introduces a newly established data collection for demand and call handling data items related to accessing crisis care via the NHS111 'select MH option'. This data will provide important insights into how accessible the crisis care system is helping to identify any gaps or inefficiencies.

[The mental health of jurors must not be forgotten, urges BPS](#)

Specialised mental health support for jurors should be made readily available across the country following the completion of a government pilot, according to the British Psychological Society.

[Investment priorities for mental health 2025](#)

At a time of rising demand for mental health care, investment in mental health has never been more needed. Yet the share of NHS spending on mental health services has stagnated, and services are unable to keep pace with increased demand. Commissioned by the NHS Confederation's Mental Health Network as part of the Mental Health Economics Collaborative (MHEC), Investment priorities for mental health 2025 sets out six key areas for investment which have strong evidence bases and represent good value for money.

[Rise in calls to Childline about exam and revision stress during the exam period last year](#)

Between 1 April 2024–31 March 2025, Childline delivered 1,647 counselling sessions where the young person mentioned exam/revision stress, an average of 137 counselling sessions per month.