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

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Studies

[Maternal pre- and perinatal depression and the risk of autism spectrum disorders in offspring: systematic review and meta-analysis](#)
This systematic review and meta-analysis found that offspring born to mothers with depression before, during and after birth have a higher risk of developing ASD. Our findings underscore the need for early screening and targeted intervention programmes for at-risk children.

[Secondary stressors and their psychosocial impacts on healthcare staff: lessons from a qualitative systematic review from the COVID-19 pandemic in the UK](#)
Our thematic synthesis moves beyond simply mapping stressors faced by HCWs by considering their antecedents, origins and psychosocial impacts. Utilising a theoretical framework that points towards systemic deficiencies, we argue that secondary stressors can be modified to remove their negative effects. Consequently, workforce planning should shift from focusing on individual change towards amending psychosocial environments in which HCWs work.

[Incentivising participation in mental health app research: lessons learned from a mixed methods randomised controlled trial](#)
Incentivising participation in clinical trials needs to be consistent with incentives that might be utilised at the point of dissemination and implementation to ensure that findings are replicated if that intervention is adopted at scale.

[Exploring perspectives on how to improve psychological treatment for women from minoritised ethnic communities: qualitative study with psychological therapists](#)
Findings indicate that therapists viewed cultural adaptation and cultural sensitivity as important to the delivery of appropriate care for minoritised ethnic women. Challenges to appropriate care included limited service resources, communication and language barriers, stigma and existing access and engagement inequalities. Therapists suggested that, to deliver high-quality care and optimise outcomes, improvements are required in cultural sensitivity training, flexibility of service delivery, outreach work with communities to encourage uptake and reduce stigma, support for staff and workforce diversity.

[Relationship of a public mental health campaign with health service use and association with symptom management knowledge](#)
Contact with general practitioners and therapists was associated with campaign awareness. If even a small proportion of symptom management knowledge improvement is due to the campaign, then it has the potential to be cost-effective. Further work is required to establish this.

[The mediating role of social support and resilience in the relationship between social identity and mental health among international students](#)
Shared international student identity and new group memberships offer a sense of social support and resilience which, in turn, alleviates psychological distress. Interventions could reframe this identity as a source of strength for international students.

Publication

[Substance use and mental ill health](#)
In collaboration with Professor Dame Carol Black, we convened a roundtable to address the profound inequalities faced by people experiencing both mental ill health and problem substance use. Substance use and mental ill health highlights the key themes and insights shared by our participants, who represent a diverse range of national and local organisations.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance March 2025 and Quarter 4 2024/25 data](#)
This statistical release makes available the most recent NHS Talking Therapies for anxiety and depression monthly data, including activity, waiting times, and outcomes such as recovery.

[Public opinions and social trends, Great Britain: mental health](#)
People's experiences of depressive symptoms, trust and community well-being among adults in Great Britain; indicators from the Opinions and Lifestyle Survey (OPN).

Survey

[The 2024 Community Mental Health Survey](#)
What does the 2024 Community Mental Health Survey tell us about people's experiences of NHS mental health care? The findings from the 2024 survey offer an opportunity to identify new emerging themes, and improve our understanding of existing challenges in the delivery of community mental health services: including access to care, service integration, person centredness, and poor experiences reported by younger people.

Blogs

[Bringing mental health care to the criminal justice system: The development of Mental Health Treatment Requirements](#)
I'm a nurse who has spent the past 15 years determined to bring hope, care, and empathy into the criminal justice system, by focusing on addressing the underlying reasons people enter the system. My goal was simple: to enable the delivery of appropriate mental health support for those who need it as part of a community order, rather than resorting to prison or community orders that fail to address the root causes of criminal behaviour.

[Welfare reforms risk damaging health and efforts to boost employment](#)
The Health Foundation has produced a [rapid health impact assessment](#) of the government's welfare reforms. Uncertainty over the potential loss of future income can cause stress and anxiety, worsening existing conditions. Research has shown that previous reforms to health-related eligibility assessments were associated with significant increases in psychological distress and adverse mental health outcomes.

News

[Does low-intensity CBT help improve anxiety or depression in adults with autism?](#)
Reflects on a study evaluating the adaptation of low-intensity cognitive behavioural therapy for autistic adults in NHS Talking Therapies.

[Are circadian rhythms the key to understanding our physical and mental health?](#)
Discusses the latest research exploring the role of our circadian rhythms on our health, looking at different variants in the BMAL1 gene.

[Exploring the impact of hostile environment policies on psychological distress of ethnic minority groups in the UK](#)
Considers research showing that the highest impact of hostile environment policies was noticed among Pakistani and Bangladeshi groups. This evidence suggests that interdisciplinary collaboration is needed to prevent psychological distress.

[Preventing the intergenerational transmission of anxiety: encouraging insights from new online RCT](#)
Summarises a recent trial investigating the effectiveness of an unguided modular online intervention for anxious parents in preventing anxiety in their offspring.

[Psychological distress over 30 years in Great Britain: the times they are a changin' (or are they?)](#)
Summarises a 2023 paper that investigated trends in psychological distress in the UK across a 28-year period, using data from three representative surveys.

[Global insights into youth mental health prevalence: challenges and future directions](#)
Summarises an epidemiological study that estimates the global prevalence and years lived with disability associated with mental health disorders and substance use disorders in young people aged 5-24 years old.

[Mental health matters in premature menopause](#)
Summarises important new research on the mental health impacts of premature menopause.

[Almost half of young people would prefer a world without internet, UK study finds](#)
Half of 16- to 21-year-olds support 'digital curfew' and nearly 70% feel worse after using social media.

[More than half of top 100 mental health TikToks contain misinformation, study finds](#)
More than half of all the top trending videos offering mental health advice on TikTok contain misinformation, a Guardian investigation has found.

['Stress crisis' in UK as 5m struggle with financial, health and housing insecurity](#)
More than 5 million UK adults are experiencing a triple whammy of financial, health and housing insecurity as British households hit levels of "multi-stress" not seen since the global economic crash well over a decade ago, research shows.

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[One in four pupils in England 'disengage' when they move to secondary, report finds](#)
One in four pupils in England "disengage" when they move up to secondary school, with enjoyment, trust and a sense of feeling safe declining sharply, according to a new report. After a largely positive experience at primary school where children report high levels of enjoyment, there is a "steep and lasting" drop in engagement after year 7 when pupils transfer to secondary at the age of 11, the survey of 100,000 pupils in England reveals.

[Poor mental health as child limits capacity to work in later life, study finds](#)
Children in Great Britain with serious mental health conditions are two-thirds more likely to have a limited ability to work in adulthood, according to [research](#) from a leading thinktank.

[Almost million more pupils get access to mental health support](#)
School mental health support rollout to reach up to 900,000 more pupils this year, covering six in ten children across the country.

[Obesity drugs found to improve emotional wellbeing as well as physical health](#)
A major new meta-analysis led by the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, alongside the University of Oxford's Department of Psychiatry, has found that glucagon-like peptide 1 receptor agonists (GLP1- RAs) - a class of medications used to treat obesity and diabetes – may also offer benefits for emotional wellbeing.

[Children with lower mood more likely to experience mind wandering](#)
Children with lower mood are more likely to struggle with attention and mind wandering according to new [research](#).

[Childline delivers thousands of counselling sessions to young people about sexuality and gender identity issues](#)
In 2024/25, we delivered 2,411 counselling sessions on the topic of sexuality and gender identity. Over 40% of these counselling sessions focused on the issue of coming out, with many young people expressing their anxieties around being judged if they were to reveal their sexuality. Young people contacting the service about coming out say that they're worried about their parents' reaction, being alienated from friendship groups and difficulties with their mental health as a result.

[Mental health A&E centres to open across England](#)
Specialist mental health crisis centres will be opened across England over the next decade in an attempt to reduce crowding in accident and emergency (A&E) departments, the NHS has confirmed. Ten hospital trusts have been piloting new assessment centres to deal with people experiencing a mental health crisis. The aim is to get these patients into appropriate care in a calm environment, avoiding long waits in A&E.
[RCPsych responds to plans to open mental health A&E centres across England](#)

[Are 'mental health A&Es' really the answer to long waits for urgent care? - Centre for Mental Health](#)

[Study finds links between social media and loneliness depend on the app](#)
New research finds that although overall time spent online is linked with higher levels of loneliness, use of social media platforms like Facebook, Instagram and Twitter is not.