

Studies

[Do We Practice What We Preach? A Mixed Methods Study of Stress in Stress Experts: Implications for Transfer of Awareness and Learning](#)

We argue that education about stress and health is not enough to equip individuals to cope with exposure to stressful work situations—even for stress experts. We echo the calls of other researchers to develop further our understanding of beliefs about stressful experiences. Our findings illuminate some of the process-orientated factors that sit within stress experts' experiences as a function of their sense of purpose in their role and wider identity. Taken together, these present complicated challenges for how learning is reflected upon and applied in one's own management of stress as a function of beliefs, previous and current experience, and ongoing shifts in learning from context and environment.

[The role of parenting styles and depression in predicting suicidal ideation vulnerability among university students](#)

The study concluded that Parenting styles significantly influence university students' mental health. Warmth combined with structure in parenting, which is authoritative parenting, is associated with lower levels of depression and suicidal ideation. These findings suggest that promoting positive parenting practices may foster students' mental well-being.

[Behavioural activation for low mood and anxiety in male frontline NHS workers \(BALM\): a pre-post intervention study](#)

Delivery of a tailored, gender-responsive BA intervention was appealing to, and beneficial for, men working in frontline NHS roles with less severe depression and anxiety. The BALM intervention offers promise as a tailored workplace mental health programme that is aligned with men's needs and preferences and can help overcome a reticence to engage with mental health support in NHS staff and beyond.

[Beyond the Binary: Understanding the mental health toll of gender non-conformity](#)

Considers a recent meta-analysis on gender non-conformity and common mental health problems, which suggests that governments should prioritise inclusive laws and gender-affirmative care to protect mental health.

[When help feels out of reach: mental health and the menstrual cycle](#)

Considers a survey study on help-seeking behaviours and experiences for mental health symptoms related to the menstrual cycle.

[Brushstrokes and breakthroughs: how can gallery-based art therapy improve young people's mental health?](#)

Explores the impact of gallery-based art therapy on mental wellbeing, self-expression, and personal growth. What could this creative, community-based approach mean for young people?



Mersey Care
NHS Foundation Trust

24 June 2025

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance April 2025](#)

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](#)

Social insights on daily life and events, including experiences of the cost of living, as well as attitudes to important issues, climate change and well-being from the Opinions and Lifestyle Survey (OPN). [Dataset](#)

News

[Scotland is facing a mental health emergency say leading psychiatrists](#)

Scotland is facing a mental health emergency – the Royal College of Psychiatrists in Scotland has said. The warning comes as the College [launched its own manifesto](#) (PDF) ahead of the forthcoming Scottish Parliamentary elections next year.

[RCPsych President warns: "Lack of prioritisation is leaving psychiatrists distressed and patients at risk"](#)

An RCPsych survey of its membership found psychiatrists across the UK are experiencing growing emotional and ethical distress as they are forced to navigate a mental health system stretched beyond its limits.

