

Studies

[The impact of COVID-19 on parents from Black ethnic backgrounds in the UK: what we have learned and why it still matters](#)

This study engaged a large sample of families from Black ethnic backgrounds, but recruitment may have been biased by sociodemographic characteristics. Levels of psychological distress were high, possibly due to pre-existing and enduring exposure to difficult life circumstances. Support from community networks was perceived as helpful, especially by those with milder levels of psychological distress. The strong association between parents' and children's well-being suggests that family- focused interventions could be beneficial, especially if culturally adapted.

[Revisiting 15 000 hours: towards sustainable school systems for mental health, well-being and learning](#)

This commentary underscores the value of viewing schools as complex social systems where multiple components can align to enhance mental health and well-being outcomes for students.

[Work stress and its association with suicidal ideation, health and presenteeism during the COVID-19 pandemic: cross-sectional study in the UK health and university workforce](#)

Given the association between work stress, suicidal ideation and presenteeism, research should explore how psychosocial risk factors linked to work stress could be reduced for healthcare and higher education employees. The findings warrant the development of policies to address work stress, and to provide employee support for suicidal ideation and presenteeism in the work setting.

[Teen drug use today, mental health struggles tomorrow? What the evidence says](#)

Unpacks a new study revealing how teenage substance use can pave the way to serious mental health struggles later in life. A clear warning: early use today could mean bigger problems tomorrow.

[Should I share or stay silent? New study shows how tackling mental health stigma at work can double employment rates](#)

Disclosure dilemmas stop many people with mental health problems from getting into work. A new feasibility study suggests that empowering employment specialists to talk openly about stigma and support disclosure decisions can help people find and keep jobs. Embedding these tools in practice could be key to closing the employment gap and reducing reliance on benefits.

[Unravelling bipolar disorder: insights from the biggest genetic study to date](#)

A massive new multi-ancestry genetic study of bipolar disorder has uncovered hundreds of risk loci and highlighted biological pathways that may guide more precise treatments and prevention strategies in the future.

["It would be easier if they had a broken leg": tackling stigma in occupational mental health care](#)

New research from Finland highlights the messiness of collaboration between mental health and occupational services. This blog explores what gets in the way, and what could make return-to-work support work better.

[AWARE and INSPIRE: school mental health trials show mixed results and unexpected harms](#)

The Education for Wellbeing programme, funded by the Department for Education, was one of England's largest school-based mental health research initiatives. It included two major trials (AWARE and INSPIRE) testing universal mental health approaches in schools between 2018 and 2024. What did these big studies really find?

[Cost-utility analysis of adjunctive psychosocial therapies in bipolar disorder](#)

Carer and brief psychoeducation were found to be the most cost-effective psychosocial therapies, supporting use as adjunctive treatments for adults with bipolar disorder and their families in Australia.

[Economic costs associated with insomnia in adults with subthreshold depression or major depressive disorder](#)

Healthcare resource use among adults with depression was similar in those with and without insomnia. However, higher healthcare costs associated with insomnia were observed in adults with subthreshold depression. Further studies are encouraged to understand the nature of the increased healthcare cost associated with insomnia in individuals with subthreshold depression and to optimise healthcare service use in people with comorbid depression and insomnia.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance May 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: personal well-being and loneliness](#)

Personal well-being, loneliness and what people in Great Britain felt were important issues; indicators from the Opinions and Lifestyle Survey (OPN).

Blog

[Psychedelics and mental health: Can the field deliver on its promise?](#)

Experts from across clinical trials, psychotherapy and regulation have been reflecting on the big challenges facing the field of psychedelics and mental health, following a late 2024 webinar hosted by IAMHRF. This new commentary explores where psychedelic mental health treatments might be heading and what needs to happen next.

News

[Children limiting own smartphone use to manage mental health, survey finds](#)

Children are increasingly taking breaks from their smartphones to better manage their mental health, personal safety and concentration spans, research has revealed.



[Patients with long-term conditions to receive help from charities](#)

Hundreds of thousands of patients with long-term conditions will be automatically referred to specialist charities at the point of diagnosis. The service, due to be launched in 2026, will support a quarter of a million people in its first 2 years and focus on areas like diabetes, mental health and lung conditions.

[First NHS round-the-clock mental health unit opens under 10 Year Health Plan](#)

Hundreds of patients in East London are set to benefit as the NHS opened its first 24/7 neighbourhood mental health centre today – a key commitment under the 10 Year Health Plan – offering walk-in support for people with mental illness.

[Key outputs from Attune project on adverse childhood experiences and mental health](#)

The ATTUNE project, focused on understanding adolescent mental health and childhood adversities through the use of participatory arts methods, and is a collaboration between the Universities of Oxford, Falmouth, Kent, Leeds, Queen Mary University of London, King's College London, University College London and Greenwich University, it uses methods including but not limited to arts, animation, film and drawing.

[Incorporating physical health considerations into mental health strategies could save millions of pounds](#)

Reducing the number of physical health issues associated with mental health conditions by just 1% could translate to savings of over €190 million (equivalent to around £164 million) in hospital costs every year in Europe.

[Antidepressant withdrawal symptoms not generally that common, major new study finds](#)

The largest review of antidepressant withdrawal studies to date has identified the type and incidence of symptoms experienced by people discontinuing antidepressants, finding most people do not experience severe withdrawal.

[Invest in better mental health support for people in the criminal justice system, say charities](#)

Investing in community mental health services would help to ease the pressure on the prison system by diverting more people from custody, two charities have said. A new policy paper from Centre for Mental Health and the Prison Advice and Care Trust (Pact) says that an element of the £9 billion earmarked to build new prison places should be allocated to community mental health care for people in contact with the criminal justice system.

[New research identifies four key drivers behind youth mental health crisis](#)

A major new Youth Futures report highlights financial insecurity, deteriorating sleep quality, social media use and cuts to children's and youth services as the leading factors contributing to the recent alarming decline in mental health among young people in England. Conducted by researchers from the University of Manchester and UCL [Understanding drivers of recent trends in young people's mental health](#), offers a comprehensive analysis of the factors behind the three-fold increase in the number of young people presenting to primary care with mental health problems between 2000 and 2019.