

Studies

[Apples and oranges? Rethinking the evidence behind young people's depression treatments](#)

What works better for young people with depression: therapy or medication? This new analysis shows why the trials may be too different to compare, and why value-based decisions matter more than ever.

[When helping hurts: potential harms from CBT and mindfulness in schools](#)

With classroom mental health programmes on the rise, this review raises an important question: are we doing more harm than good? The evidence suggests universal interventions may not be right for everyone.

[Do psychiatric disorder genes overlap with their drug targets? And does this matter?](#)

Psychiatric disorders are highly heritable, but are the genes we identify in GWAS the same ones our medications target? This new study digs into the overlap and raises questions about how we develop treatments.

[After the storm: why post-disaster mental health support must be tailored and backed by evidence](#)

Natural disasters often trigger serious mental health problems, but can these be prevented? This new meta-analysis tested psychological and psychosocial interventions aimed at survivors and first responders, and the results may surprise you.

[Digital peer support: cure-all or dystopia?](#)

This meta-analysis of digital peer support interventions reports positive effects, but major gaps remain. Without a clear definition of what 'digital peer support' even means, are we at risk of losing the radical heart of this work?

[Not just PTSD: reframing trauma as a public health issue](#)

This narrative review of trauma research from the past 15 years takes a lifespan, transdiagnostic, and global view; offering vital insights for clinicians, researchers, and policymakers.

[Not just about cost: person-centred digital care for mental health-related sick leave](#)

Can a nurse-led, digital mental health intervention for common mental disorders reduce sick leave and save money? This RCT from Sweden looked at cost, care, and what matters to patients.

[Medical diagnosis increases the risk of depression: but who's most vulnerable?](#)

Highlights a new study showing a doubled risk of depression after a medical diagnosis – especially in the first month post-diagnosis, for those who are hospitalised for their medical condition, those with multiple medical conditions, those over 60, and for women.

[Psychiatrists' attitudes and knowledge towards treating asylum seeker and refugee subjects in the UK](#)

Less than half of psychiatrists in this survey believed they possessed adequate knowledge to treat ASR subjects, and some found working with such individuals distressing. Our results suggest that these issues could be mitigated by improving knowledge related to treating ASR subjects.



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[Changes in mental health of adolescents during three months of the COVID-19 pandemic: longitudinal study](#)

The study offers evidence among a representative sample that mental health difficulties did not, on average, deteriorate for adolescents during three months of the pandemic.

[Preparing for cognitive behavioural therapy: a Delphi exercise to develop a consensus curriculum](#)

This consensus curriculum provides a basis for ensuring patients are well-prepared for CBT within the context of NHS Talking Therapies.

Guidance

[New guidance launched to combat disability discrimination and improve support for NHS mental health staff](#)

The Royal College of Psychiatrists has launched 'Delivering for Disability' – a new campaign and guidance calling on mental health employers in England, to adopt 15 actions to help combat the disability discrimination of NHS staff. [Providing Reasonable Adjustments - Essential Guidance for Mental Health Employers](#), is a co-produced framework designed to empower NHS services to implement effective and practical support for staff with disabilities and long-term health conditions. The guidance bridges the gap between policy and lived experience, to enable all staff, regardless of ability, to thrive. NHS England data shows that mental health staff with disabilities are twice as likely to report experiencing personal discrimination from a colleague or manager compared to their non-disabled peers (12.2 per cent vs. 5.8 per cent).

Briefing

[How does emotional support affect young people's mental health?](#)

This briefing identifies policy changes to support stronger relationships between young people and their families.

Statistics

[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).

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance June 2025 and Quarter 1 2025/26 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.





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Blog

[Mental health in all policies: time for a mental health policy test](#)

Considers the benefits of a mental health policy test, and what this could look like in practice.

News

[NHS talking therapy is less effective for younger adults](#)

Talking therapy offered by the NHS for people with depression or anxiety appears to be less effective for people aged 16-24 than those aged 25-65, according to a new [study](#) led by UCL researchers.

[New Mental Health Foundation study shows 32-hour work week boosts staff wellbeing without harming productivity](#)

A year-long study of a 32-hour working week has shown improved mental health and wellbeing of staff without a negative impact on productivity, according to a new report published today by the Mental Health Foundation.

[Tackling poverty could be key to improving mental health in Wales, Mind Cymru report finds](#)

Tackling poverty could be the key to creating a mentally healthy nation, a report from Mind Cymru has found. More people are experiencing worsening levels of wellbeing as a result of deprivation that then makes it harder for them to escape poverty, the charity's latest study shows, with many citing secure finances, housing and employment as key focus areas for improving their mental health.

[Verbally abused children more likely to have poor mental health as adults, study finds](#)

Parents who ridicule, threaten or humiliate their children risk leaving them with a 64% higher chance of having poor mental health as an adult, a study has found. [Published in BMJ Open](#), the study gathered data of 20,687 adults from seven studies published between 2012 and 2024.

['Sliding into an abyss': experts warn over rising use of AI for mental health support | Mental health | The Guardian](#)

Vulnerable people turning to AI chatbots instead of professional therapists for mental health support could be "sliding into a dangerous abyss", psychotherapists have warned.

Psychotherapists and psychiatrists said they were increasingly seeing negative impacts of AI chatbots being used for mental health, such as fostering emotional dependence, exacerbating anxiety symptoms, self-diagnosis, or amplifying delusional thought patterns, dark thoughts and suicide ideation.

