



**NHS**  
Mersey Care  
NHS Foundation Trust

30 September 2025

## Studies

[Ketamine, depression and childhood trauma: new evidence from a community study](#)

Can ketamine help people with treatment-resistant depression, regardless of childhood trauma history? This new study suggests that trauma load and severity may not influence treatment outcomes.

[The genetic link behind sleep problems, cognitive dysfunction, and neuroticism in 'treatment-resistant depression'](#)

A big new study suggests that certain genetic traits—like insomnia risk and neuroticism—may make depression harder to treat, while protective traits include education and cognitive ability.

[Short-term risk of psychiatric adverse events following COVID-19 vaccination: nationwide self-controlled case series study](#)

Findings provide short-term safety profiles for COVID-19 vaccines regarding psychiatric adverse events. Continuous monitoring of anxiety/nervousness or sleep disorders after COVID-19 vaccination is required regardless of history of psychiatric comorbidities.

[Associations between psychological symptoms in adolescence and debts or experienced financial scarcity in emerging adulthood](#)

Psychological symptoms during mid-adolescence precede both objective and subjective financial difficulties when entering adulthood. Integrating financial education into prevention efforts could potentially provide significant long-term benefits, particularly for those with mental health problems.

## Statistics

[NHS Talking Therapies, for anxiety and depression, Annual reports, 2024-25](#)

This statistical release is the annual report on the NHS Talking Therapies programme from 1st April 2024 to 31st March 2025. NHS Talking Therapies is run by the NHS in England and offers NICE-approved therapies for treating people with anxiety or depression.

[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

[Why we need national leadership for the public's mental health](#)

Decades PMH development in England informed a comprehensive public health programme to promote mental health, prevent mental health problems and improve the lives of people with mental health conditions. Strengths include national-regional infrastructure, a broad network of actors and tools to guide practice. Action on the social determinants of mental health and co-production remain challenges.





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## News

### [Released academy footballers urgently need more mental health support, say psychologists](#)

With the professional football season now well underway, improved mental health support for released academy footballers is needed now more than ever, according to the British Psychological Society.

### [BPS responds to new hyperemesis gravidarum \(HG\) study](#)

Researchers from King's and South London and Maudsley NHS Foundation Trust have recently [conducted a study](#) involving 476,857 pregnant women diagnosed with hyperemesis gravidarum (HG) from 135 healthcare providers worldwide, which has identified increased risks of mental health outcomes.

### [Mind responds to annual mental health act statistics](#)

Annual figures for detentions under the Mental Health Act in England, covering April 2024 to March 2025, have been [published](#) by the NHS.

### [More research needed into psychedelics as potential treatments for mental disorders, calls RCPsych](#)

The Royal College of Psychiatrists (RCPsych) has [published a new report](#) on the safety and efficacy of psychedelics and related substances (PARS) as medical treatments for mental illness. Alongside this, RCPsych has also issued new guidance to support clinical trials and research into the use of psychedelics in combination with psychotherapy.

