

## Studies

### [Supporting student mental health after natural disasters: What role can schools play?](#)

Meta-analysis of 13 studies found school-based interventions reduced PTSD, depression and anxiety after natural disasters, with effects strongest immediately post-intervention.

### [What do children with a history of trauma think of Dyadic Developmental Psychotherapy?](#)

First qualitative study exploring children's experiences of Dyadic Developmental Psychotherapy found attunement and trust were more important than specific techniques.

### [Long-term effectiveness and side-effects of intranasal esketamine in treatment-resistant depression: real-world, single-arm study of over 100 sessions](#)

Intranasal esketamine demonstrated sustained effectiveness and an acceptable side-effect profile in a real-world TRD cohort with extensive psychiatric comorbidity. These findings support its long-term use in complex clinical populations, and underscore the need for further prospective, multi-site studies.

### [Epidemiologic features of depression and anxiety among homeless adults with healthcare access problems in London, UK: descriptive cross-sectional analysis](#)

People who are homeless and have difficulty accessing healthcare have high levels of depression and anxiety symptoms. Our findings support further coordination between health- and social care sectors.

### [Are play and screen time associated with British preschoolers' mental health? Cross-sectional findings from the British Preschool Children's Play Survey](#)

In British preschoolers, adventurous play is associated with better MH outcomes, whereas higher educational screen time was associated with poorer MH, indicating that adventurous play may benefit preschoolers' MH or that preschoolers with better mental health are more likely to engage in adventurous play. Adventurous play may also offset possible negative associations with screen time.

### [Symptom change in depression and anxiety during psychological therapy for autistic adults](#)

Autistic people are less likely to benefit from currently recommended mental health treatments, but little is known about how outcomes vary across individuals. This gap makes it difficult to adapt therapies (or develop new ones) to meet diverse needs among autistic people.

## Framework

### [Mental Health and Wellbeing Strategy: Initial Monitoring Report and Monitoring Framework](#)

The Scottish Government has published its monitoring report outlining progress towards Scotland's Mental Health and Wellbeing Strategy outcomes, and an accompanying monitoring framework. Overall, the report presents a mixed picture. While some indicators show early signs of improvement, progress is uneven and mental health inequalities remain persistent. Women, younger adults, people living in the most deprived areas, and people with limiting long-term conditions consistently report poorer outcomes across multiple indicators.

## Blogs

### [Designed for life? Why mental health services need a radical redesign of their physical fabric](#)

The spaces we live and work in have profound effects on our mental health. And the environment in which a mental health service operates can have a huge bearing on how it feels (for people receiving care, carers, and staff alike), how safe it is, and how much it helps people to heal and recover. Yet the physical fabric of these services (one of the first aspects of care that people encounter) is often overlooked, under prioritised, and too often absent from broader discussion about quality, outcomes, or investment. The mental health services estate in the UK is on average older than the rest of the NHS. Despite decades of deinstitutionalisation, mental health inpatient environments are often closed off from their surroundings with little or no outdoor space, while community services are often in run-down buildings or locations that are hard to reach. Many are not conducive to providing trauma-informed care, or even respecting people's most basic dignity.

### [Lost in my own city: Life after prison](#)

This blog explores the mental health and other challenges people face on leaving prison. For many, release means stepping into anxiety with nowhere to sleep, no money in your pocket, and an uncertain future. It means being overwhelmed by things that once felt simple — commuting through a crowded station, buying a mobile phone, or sitting in a busy café. Struggling with mental health is an unspoken part of life after prison.

## News

### [People waiting too long for mental health care and becoming more ill while they wait, CQC finds](#)

Increasing demand for services and higher thresholds for admission are leading to long waits for mental health care, CQC's annual report into the use of the Mental Health Act has highlighted. The [Monitoring the Mental Health Act 2024/2025](#) report, which was built on interviews with over 3,000 patients and over 700 family members and carers, revealed worrying reoccurring issues of staff shortages, a lack of beds, and inconsistencies in experiences.

### [A social media ban would punish teenagers for tech platform's failures](#)

Calls to ban children and young people from social media until they are 16 are growing louder, and I understand why. Parents are exhausted, and too many young people are being failed by the online world. But, while driven by good intentions, a blanket ban on teenagers accessing social media platforms just doesn't stack up as the answer to keeping children safe online. For countless young people, social media can be a lifeline. A place where isolated teenagers find community, where LGBTQ+ young people find acceptance and where neurodiverse children find ways to learn and connect.

### [Children's Wellbeing and Schools Bill continues Lords report stage](#)

Members of the Lords continue their further examination of the Children's Wellbeing and Schools Bill, in report stage on Tuesday 3 February. The [Children's Wellbeing and Schools Bill](#) will strengthen safeguards for children's social care, offer increased support for care leavers, regulate the use of social worker agencies and enshrine kinship carers in law.

## [Future Minds: A roadmap to transform children and young people's mental health by 2035](#)

The decline in children and young people's mental health is one of the biggest challenges of our time. Around one in five young people aged 8 to 25 now has a diagnosable common mental health problem, such as anxiety and depression, but too many face long waits for care, with early support often unavailable or insufficient. To address these significant challenges, we launched the Future Minds campaign alongside the Children and Young People's Mental Health Coalition, Centre for Young Lives and YoungMinds, with support from the Prudential Trust. The Future Minds roadmap puts forward concrete solutions to address the concerns and struggles of children, young people, and their families.

## [MHRA issues new guidance for people using mental health apps and technologies](#)

New online resources will help the public, parents, carers and health, social care and education professionals understand what safe, effective digital mental health technologies look like in practice.

## [From the margins to many: Designing mental health systems that young people can truly trust](#)

Chair of Child and Adolescent Psychiatry Professor Mina Fazel outlines her recent paper on building and promoting trust with adolescents to share information about their mental health. It was published in the [British Journal of Psychiatry](#).

## [UK study to examine effects of restricting social media for children](#)

A pioneering investigation into the impact of restricting social media access for children in the UK has been announced as politicians around the world consider action on the issue. A trial involving 4,000 children will explore impact on mental health, sleep and time spent with friends and family.

## [Seven out of 10 UK mothers feel overloaded, research reveals](#)

Seven out of 10 mothers in the UK feel overloaded and almost half have a mental health issue such as anxiety or depression, new research has revealed. The survey of mothers' experiences in 12 European countries also found that most of those in Britain still do the majority of household tasks and caregiving work alone, and that the UK was among the worst for motherhood disadvantaging a woman's career.

## [Survey of over-50s women finds almost two in three struggle with mental health](#)

Almost two in three women over 50 in the UK struggle with their mental health as they deal with menopause, relationship breakdowns and changes to their appearance, a survey has found. Brain fog, parents dying, children leaving home and financial pressures can also trigger difficulties such as sleeping problems, feeling anxious or overwhelmed, and a loss of zest for life. The [findings](#) emerged from a survey of 2,000 women aged 50 and over across Britain, commissioned by the British Association for Counselling and Psychotherapy (BACP), which represents therapists.