Studies

[How much does family history increase your mental health risk? New study provides answers](#)
This Danish study of over 3 million people found that having a first-degree relative with depression increased risk 2.35-times, resulting in 15% lifetime risk (compared to 7.8% in the general population). However, 60% of depression cases occurred in people with no affected close relatives, highlighting that family history is only part of the story.

[A new way of looking for mental health risk factors: the PsyRiskMR database](#)
PsyRiskMR is a new database that helps researchers investigate risk factors for common psychiatric disorders using Mendelian randomization.

[Body dissatisfaction in adolescence: does it cause eating disorders and depression later?](#)
This twin study of nearly 14,000 UK adolescents found that body dissatisfaction at age 16 was linked to eating disorder symptoms at 21 and depression at 26. Comparing twins helped researchers show these were likely causal relationships, not just correlations, though genetics also played a substantial role.

[Stopping antidepressants safely: network meta-analysis compares deprescribing strategies](#)
This network meta-analysis of 76 trials found that slow tapering (over 4 weeks) combined with psychological support was most effective for preventing relapse when stopping antidepressants. Abrupt discontinuation and fast tapering substantially increased relapse risk and should be avoided.

[The influence of social network on depressive and anxiety symptoms during the COVID-19 pandemic: findings from a Swedish cohort study](#)
This study highlights the protective role of the social network – namely perceived social support – in combatting depressive and anxiety symptoms during the COVID-19 pandemic. Interventions that strengthen close interpersonal ties and community cohesion may help mitigate mental health impacts during future public health crises.

[Longitudinal validation of the Maudsley 3-item visual analogue scale (M3VAS): a new, brief, patient-reported outcome measure of depression](#)
Following previous cross-sectional validation against the Quick Inventory of Depressive Symptomatology–Self-report, this present study demonstrated appropriate longitudinal measurement properties for M3VAS as a measure of depression, including responsiveness. Evaluating the ability of M3VAS to discern responses with a variety of treatments is a key future goal.

[Capturing subjective experiences of atypical depression: qualitative investigation of perceived aetiological factors and gender influences](#)
These findings highlight how individuals with atypical depression believed onset to be linked to experiences of trauma and comorbidity, in addition to ongoing influences of varied environmental factors. The variability of atypical depression symptoms in both the short and long term appears to be a core challenge in this subgroup. The gender disparity of atypical depression is also explored through the lens of lived experience and gender identity. Future research would benefit from exploring further these potential contributing factors, to provide a better understanding of their complex influences on atypical depression onset and maintenance.

[Association between increased serum TNF-a levels and immediate memory impairment in patients with major depressive disorder: pilot study](#)
These findings suggest that elevated serum TNF-a may contribute to the pathophysiology of MDD and is specifically associated with deficits in immediate memory.

Guidance
[Co-occurring mental health and substance use: delivery framework](#)
A framework setting out actions to improve treatment for people with co-occurring mental health and substance use conditions through better integrated care.

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 October 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.

Blogs
[Mental health services in the UK in 2025: what the latest NHS Benchmarking survey tells us](#)
The latest data on mental health services across the UK, gathered by NHS Benchmarking Network.

[Youth Matters: A new national strategy and a critical moment for young people's mental health](#)
The publication of [Youth Matters](#), the first national youth strategy in almost twenty years, marks an important moment for the youth sector. Over the next decade, the strategy intends to improve outcomes, expand opportunities and reduce inequalities experienced by young people across England.

[Mental health support in prisons must recognise the impact of childhood trauma, says Centre for Mental Health](#)
Specialised support that recognises the trauma that most people in prison have experienced is critical to improving mental health and rehabilitation in the justice system, according to a new report from Centre for Mental Health. [The report](#) by Centre for Mental Health evaluates the Dealt an ACE project delivered by Pact (the Prison Advice and Care Trust) to support young men in prison who have experienced significant trauma.

News

[Bring care closer to home: new report calls for action to reduce shameful practice of out of area placements for people with acute mental health needs](#)
The NHS Confederation and Royal College of Psychiatrists have published a new report about inappropriate out of area placements.

[The perfect way to switch off from work: the secret to a daily de-stress routine](#)
The boundaries between work and leisure are being blurred, but it's vital for your health to learn how to turn off. Whether you do your job from home or not, here's how to reset and reclaim your private time.

[The chatbot will see you now: how AI is being trained to spot mental health issues in any language](#)
Calls to a clinic in Uganda are helping create a therapy algorithm that works in local languages, as specialists look to technology to address the global mental health crisis.

[UK arts groups offer therapeutic support to performers as they challenge myth of tortured artist](#)
Therapeutic support is fast becoming widespread: the Actors' Trust, in partnership with the British Association for Performing Arts Medicine, now offers mental health support for artists suffering stress and burnout linked to emotionally challenging material.

[Third of UK citizens have used AI for emotional support, research reveals](#)
AI Security Institute report finds most common type of AI tech used was general purpose assistants such as ChatGPT and Amazon Alexa.

['I feel it's a friend': quarter of teenagers turn to AI chatbots for mental health support](#)
Experts warn of dangers as England and Wales study shows 13- to 17-year-olds consulting AI amid long waiting lists for services.

[Mental Health Bill receives Royal Assent, revolutionising care](#)
The Mental Health Bill has received Royal Assent to modernise outdated mental health laws and improve care for seriously ill patients.

[New research collaboration to tackle ethnic inequalities in perinatal severe mental illness](#)
A ground-breaking new study aims to transform postpartum mental health care for mothers from ethnic minority backgrounds or those living in deprived areas who experience severe mental illness.

[BPS responds to new mental health course for Welsh football clubs](#)
The Minister for Sports is urging football clubs across Wales to take up a [mental health training course](#) to better support teams, coaches, and players.

"Quarter-Life Crisis" is a common phenomenon across many countries, reveals new global research
Young adults are frequently experiencing what is being termed as a "Quarter-Life Crisis" according to new international research. A new study led by Professor Oliver Robinson at Regent's University in London studied over 2,200 people aged between 18-29 from across eight nations, including the UK. The study found that between 40% and 77% of young adults globally self-reported that they were experiencing a crisis, including just over two fifths of Brits (43%).

M-RIC team members co-author piece on 'overdiagnosis' of mental health conditions
Prof Dan Joyce, M-RIC Co-Director and Dr Oladayo Bifarin, Mersey Care Research Effectiveness Lead, have co-authored a piece exploring the dialogue around 'overdiagnosis' of conditions such as depression, anxiety, autism and ADHD and how we can build a mental health system that better supports people's long term needs.