

## Studies

### [Cost-effectiveness of targeted feedback interventions after depression screening in primary care: health economic evaluation of the GET.FEEDBACK.GP trial](#)

The analysed feedback interventions cannot be considered to be cost-effective for the investigated population. Patient-targeted feedback was potentially cost-effective for subpopulations, particularly patients with a later confirmed depression diagnosis; this requires further research.

### [Current treatment outcomes and care pathways for people with comorbid physical and mental health conditions using NHS Talking Therapies services in the UK: systematic review of quantitative studies](#)

The observed evidence provides reassurance for individuals with LTCs engaging with treatment; however, the association with post-treatment distress is still of concern. Furthermore, extensive and rigorous research is needed to strengthen and guide service development for individuals with LTCs, thereby improving effectiveness.

### [Moderating effect of avoidance on the relationship between depression and suicidal ideation across different types of trauma exposure](#)

These findings underscore the relevance of targeting avoidance symptoms to mitigate suicidal ideation, particularly in individuals with late-onset, single-incident or non-interpersonal trauma exposure. Exposure-based therapeutic interventions may offer particular benefit for reducing suicidal ideation among trauma-exposed individuals with depressive symptoms.

### [Prevention, screening and treatment of peripartum depression for women: new clinical guidelines](#)

International group developed 44 evidence-based recommendations for peripartum depression, supporting psychological interventions and universal screening with clear referral pathways.

### [Coercive control and intimidation: stronger links to adult mental health than physical violence](#)

Non-physical domestic violence (intimidation, control, property damage) in childhood showed stronger associations with adult mental health disorders than physical violence in large Australian study.

### [Anti-inflammatories for depression: targeting the right patients matters](#)

Decades of disappointing anti-inflammatory trials for depression may have failed because they weren't targeting the right patients. New meta-analysis shows promising results when they do.

### [Positive expressive writing for wellbeing: which techniques work best?](#)

Writing about your best possible self or things you're grateful for showed strongest improvements in wellbeing, but most studies were poor quality and focused only on non-clinical populations.

### [Identity, place and belonging: The new cornerstone of school-based approaches to student wellbeing?](#)

The Connected Belonging model argues that schools should support young people's relationships to their community, culture and peers, rather than focusing on individual skills like "grit" and resilience. Should centre identity and relationships in our work with young people?



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### [Building trust: British Muslims' views on therapy](#)

British Muslims worry about judgment and misunderstanding in therapy, according to a new qualitative analysis of survey responses. The research shows respect and cultural competence matter more than matching client-therapist faith.

### [Psychotropic medication prescribing for patients with insomnia comorbid with depressive or anxiety disorders in primary healthcare facilities in Beijing](#)

Guideline-recommended pharmacotherapy for insomnia comorbid with depressive or anxiety disorders was rarely implemented at primary care in China. This highlights the need to facilitate evidence-based practices and improve management of comorbid mental health conditions, particularly for older adults.

## Cochrane Review

### [Face-to-face psychoeducation for the parents of people with severe mental illness](#)

Compared to inactive interventions, face-to-face psychoeducation for parents of individuals with severe mental illness may lead to large improvements in parental psychosocial well-being (in the short and medium term) and in parental anxiety (in the short term). However, its impact on parental quality of life and satisfaction with care is very uncertain. Evidence for the effects of psychoeducation compared to other interventions is very limited. No study assessed long-term outcomes or adverse events.

## Statistics

### [NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance December 2025 and Quarter 3 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.

## E-Learning

### [MindEd Whole School and College Approach – Now Live!](#)

The MindEd Whole School and College Approach elearning programme is now available! This expertly co-produced resource supports schools and colleges in creating mentally healthy environments for learners, staff, and the wider community. Developed by mental health and education professionals, with inputs from people with lived experience, the content is practical, evidence-based, and aligned with guidance from the Department for Education and NHS England.



## News

### [Committees to examine children and young people's mental health in new inquiry](#)

The Education and Health and Social Care committees have launched a new inquiry into children and young people's mental health. MPs on the cross-party committees will consider what mental health support is available to children and young people up to the age of 25 in community, health and education settings.

### [Improving support for nearest relatives under the Mental Health Act](#)

New online resource for nearest relatives of people admitted to hospital under the Mental Health Act.

### [Thousands recruited for "new era" severe mental illness study](#)

Thousands of people living with schizophrenia and severe depression are being recruited by the NHS for a major new study which could unlock a "new era" of personalised treatment for severe mental illness. As part of the world's largest mental health study, researchers will analyse the DNA of thousands of people alongside detailed questionnaires to discover what can increase the risk and severity of serious mental health conditions. From this week, almost 50,000 eligible adults living with bipolar, schizophrenia, psychosis or major depression in England and Wales are being invited to join the study, known as GlobalMinds.

### [Social media companies are being sued for harming their users' mental health – but are the platforms addictive?](#)

Forthcoming legal proceedings against Meta and YouTube are frequently referred to as the "social media addiction trials", but whether these platforms are truly addictive is still the subject of scientific debate.

### ['It's the most urgent public health issue': Dr Rangan Chatterjee on screen time, mental health – and banning social media until 18](#)

The hit podcaster, author and former GP says a failure to regulate big tech is 'failing a generation of children'. He explains why he quit the NHS and why he wants a ban on screen-based homework.

### ['What I see in clinic is never a set of labels': are we in danger of overdiagnosing mental illness?](#)

Our current approach to mental health labelling and diagnosis has brought benefits. But as a practising doctor, I am concerned that it may be doing more harm than good.

### [Exercise can be 'frontline treatment' for mild depression, researchers say](#)

Aerobic exercise such as running, swimming or dancing can be considered a frontline treatment for mild depression and anxiety, according to [research](#) that suggests working out with others brings the most benefits.

### [More exam stress at 15 linked to higher risk of depression as young adult – study](#)

Exam stress at age 15 can increase the risk of depression and self-harm into early adulthood, [research](#) suggests. Researchers at University College London examined data from nearly 5,000 young people born in 1991 and 1992 taking part in a wider ongoing study of children.



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### [Half a million children on mental health waiting lists in England risk turning to AI chatbots for support, warns RCPsych](#)

The Royal College of Psychiatrists has identified that there are currently 550,610 children and young people, who have been referred to mental health services in England and on waiting lists for treatment. Of these, 30% (165,887) have been waiting for over two years and 53% (289,722) for over one year, as of the end of November 2025, according to NHSE data. RCPsych is warning this lack of prioritisation to treat children with mental illness in England is turning treatable conditions into lifelong recurring mental illnesses. We are also gravely concerned that this delay could potentially fuel a dangerous reliance on AI chatbots.

### [Using AI for emotional support](#)

Although AI can enable self-help, many are using it as a form of therapy or a substitute for other sources of emotional support. This can lead to growing reliance on it for their mental wellbeing. More worryingly, we know that chatbots can sometimes give harmful advice and encourage self-harm or suicide. Tragically, there have been cases where people have taken their own lives following advice provided by a chatbot.

### [Samaritans celebrates 100 Breathing Space Benches in Scotland](#)

100 Breathing Space Benches have been installed across Scotland in partnership with NHS24, Network Rail, and Scotland's Railway. Each bench is fitted with a plaque containing information on accessing support via the Samaritans helpline, as well as through NHS24 Breathing Space.

### [Funding boost for young people's mental health services](#)

Thousands more young people will get the mental health support they need thanks to a £7 million funding boost for Early Support Hubs across England. Early Support Hubs are community-based services, which provide drop-in mental health support for young people aged 11-25 with a range of issues, helping to prevent more severe mental illness without the need for a referral or doctor's appointment.

### [Facing meltdown? Over 75% of people suffer from burnout - here's what you need to know](#)

Does it only affect weak people? Is work always the cause? Burnout myths, busted by the experts.

### [Office buzz: UK employers turn to beehives to boost workplace wellbeing](#)

In a growing number of workplaces, the soundtrack of the lunch break is no longer the rustle of sandwiches at a desk, but the quiet hum of bees – housed just outside the office window. Employers from Manchester to Milton Keynes are working with professional beekeepers to install hives on rooftops, in courtyards and car parks – positioning beekeeping not as a novelty but as a way to ease stress, build community and reconnect workers with nature in an era of hybrid work and burnout.

