Studies

[Embedding psychologists in trauma centres improves patient outcomes](#)
First evaluation of specialist psychology in NHS Major Trauma Centre finds psychologists improve recovery outcomes and support frontline staff facing emotional toll.

[Shared genetic patterns found across 14 psychiatric disorders](#)
Psychiatric disorders share genetic variants that cluster into five main factors. Understanding shared biology could improve treatment, but more diverse genetic data urgently needed.

[People in prison face disproportionate mental and physical illness](#)
Umbrella review of global prison populations finds 40% with antisocial personality disorder, 39% with drug use disorder, 24% with alcohol use disorder, 18% with hepatitis C, and 11% with major depression. Healthcare provision inadequate.

[Waiting for CAMHS: worsening symptoms and strained families](#)
Qualitative study reveals young people on CAMHS waiting lists feel alone and dismissed, with mental health deteriorating while they wait. Communication and interim support urgently needed.

[Only a swipe away: App-based support for reducing distress in university students](#)
This innovative Australian trial suggests that different mental health app interventions worked better depending on students' distress severity. One size doesn't fit all, but which apps should students choose?

[From panic to progress? Focused CBT may help for panic disorder, but bigger trials needed](#)
This small trial suggests Psychological Wellbeing Practitioners might deliver focused panic therapy effectively. But with only 46 participants included in the final analysis, larger trials are needed to confirm.

[Late-onset depression predicts cognitive impairment and subsequent dementia among older adults with major depressive disorder: findings from UK Biobank and primary care linked data](#)
Late-onset depression showed more severe impairment in fluid intelligence compared with LLD-EO. Late-onset depression was associated with increased incident dementia compared with depression-free individuals.

[The combined association of individuals' psychological distress, mental health and smoking status with household expenditure](#)
Smoking cessation for those with moderate psychological distress may be associated with a reallocation of spending, benefiting both households and their local communities. Targeted interventions addressing smoking cessation and mental health are crucial for reducing financial and health inequities.

[A systematic review of global mental health service utilisation in young refugees and asylum seekers](#)
There is a disparity between the mental health needs and service use of young refugees, suggesting a need for greater efforts to increase access and use in this population. Future research should explore barriers and facilitators and build on primary research examining service use in asylum seekers and unaccompanied minors, because both remain underrepresented within the literature.

[Antidepressant prescribing trends for adult patients in the UK and Ireland during the COVID-19 pandemic: systematic review](#)
The commonly reported increase in antidepressant prescribing corroborates pre-pandemic trends and may suggest further, increased demands for mental health support to meet the unique challenges of the pandemic. Future research is required to evaluate the appropriateness of treatment decisions and to explore psychosocial factors that influence individual prescribing choices.

Policy Paper

[Community mental health services: government's response to the Health and Social Care Committee's report](#)
This is the government's formal response to the Health and Social Care Select Committee's report on [Community Mental Health Services](#).

Statistics

[Beyond GDP insights, UK headline measures of National Well-being](#)
Exploring quality of life and progress beyond GDP in the UK, drawing on the new quarterly headline national well-being measures. [Dataset](#)

[Quarterly personal well-being estimates – seasonally adjusted](#)
Seasonally adjusted quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety in the UK.

[Quarterly personal well-being estimates – non-seasonally adjusted](#)
Non-seasonally adjusted quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety in the UK.

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance January 2026](#)
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

[Behind the employment statistics: why early mental health support matters](#)
Looks behind the headlines and explores how mental health support can help young people to overcome barriers to employment, education and training.

[Mental health services must act to reverse traumatic effects of racism, says new report](#)
A new report, [Trauma-informed care and racialised communities](#) finds that people from racialised communities face disproportionately high levels of trauma, and that public services meant to support them often reproduce this trauma rather than alleviate it. The report from Centre for Mental Health and Coffee Afrik CIC, commissioned by the NHS Race and Health Observatory, demonstrates that racism not only causes trauma and mental illness but also prevents people from getting the right support for their mental health from the NHS.

News

[Mind global inquiry launched after AI gives out inaccurate health information](#)
Mental health charity Mind is launching an inquiry after Google AI Overviews were exposed in a national newspaper as giving people misleading health advice. The year-long commission, which follows an exclusive investigation by the Guardian, will examine the risks and safeguards of AI and gather evidence on the intersection of AI and mental health. The inquiry – the first of its kind globally – will bring together the world's leading doctors and mental health professionals, as well as people with lived experience, health providers, policymakers and tech companies. Mind says it will aim to shape a safer digital mental health ecosystem, with strong regulation, standards and safeguards.

[RCPsych secures wide-reaching engagement and influence on menopause and mental health](#)
The Royal College of Psychiatrists has launched its first ever [position statement on menopause and mental health](#) in the House of Commons. The statement lays bare the lack of understanding across society that means many women are neither seeking, nor receiving, vital help because they are not aware of the relationship between the menopause and mental health.

[UK's top psychiatrist raises alarm over threat posed by 'silent mental health pandemic' to patients, society and the economy](#)
The President of the Royal College of Psychiatrists (RCPsych), Dr Lade Smith CBE, is calling on the UK Government to address the 'silent mental health pandemic' affecting people across England. There were 4.1 million people in contact with mental health services in England in 2024/25, a 56% increase compared to 2.6 million in 2016/17. This includes 1.2 million children and young people, accounting for a 118% rise on the 0.5 million during the same period.

[SANE reacts after government cuts share of NHS spending for mental healthcare despite soaring demand](#)
Health and social care secretary Wes Streeting has announced the mental health share of NHS spending in England will drop for the coming year. In a [statement to the House of Commons](#) he said the proportion spent on mental healthcare will be cut for the third year in a row.

Depression medication **anxiety**
therapy resources stress
mood disorder counselling bipolar worry self-help panic
CBT research

NHS
Mersey Care
NHS Foundation Trust

16 March 2026

[Schools are using AI counselors to track students' mental health. Is it safe?](#)
As hundreds of schools implement an automated monitoring tool, educators say that students can find talking to a chatbot 'more natural' than confiding in a human.

[Film and TV charity unveils landmark mental health principles for UK industry](#)
The Film and TV Charity has unveiled a landmark set of principles for safeguarding mental health in what's been called a "watershed moment" for the UK creative sector's duty of care to its production community. They come after the charity's [Looking Glass survey](#) found an increase in mental health struggles across the UK film and TV industry, with 35% of respondents describing their mental health as "poor" or "very poor".

["NHS talking therapies completely changed my life": NHS launches major campaign to support millions more people with anxiety](#)
Millions of adults facing debilitating anxiety conditions are missing out on treatment that could help them recover and get back on with their lives the NHS has said, as it launches a major new mental health campaign. New analysis of NHS data shows that over 670,000 people were treated with NHS talking therapy care last year – nearly 70,000 more than pre-pandemic (12% increase on 2019) – with a record 83,000 accessing employment support through the service in 2025 to help them return to work (20% increase on 2024).

[University of Oxford and the Eden Project to research how nature can promote mental health](#)
The University of Oxford's [Neuroscience and Society](#) (NEUROSEC) research group at the Department of Psychiatry will work with the [Eden Project](#)'s Nature Connections programme to investigate how experiences in nature can offer safe and accessible ways to tackle mild and moderate mental health challenges and promote wellbeing, while also protecting the natural world.

[Digital tool that personalises antidepressant treatment significantly improves outcomes of people with depression](#)
An AI-driven tool that tailors antidepressant treatment to individual patients was shown to improve outcomes for people with depression, compared to standard treatment, in a major international trial.

[BPS reacts to study on AI for CBT](#)
NHS partners have found that AI-based CBT can outperform human clinical judgment when treating individuals with moderate depression and anxiety, while achieving comparable therapeutic alliance and clinical outcomes.

[Healthy Homes Hub and Centre for Mental Health launch resources to embed mental health in all housing policies](#)
One in three people in social housing lives with a long-term mental health problem. Yet many social housing providers operate on the basis of assuming residents can always read and respond to correspondence immediately, open the door without hesitation, and navigate complex processes under pressure. This material aims to empower housing providers to design and run services that protect and promote mental health, especially for people already struggling. Without this explicit focus on mental health, the housing sector sees recurring patterns: damp and mould cases that escalate; letters that create anxiety instead of clarity; repeat complaints rooted in confusion, distress or overwhelm.