

Studies

[Preconception mental health and developmental vulnerability at school entry: population-based cohort study](#)

Preconception mental health is associated with child development, even after accounting for depression in pregnancy. We hypothesise that it is picking up on different experiences of mental illness through the life course and represents slightly different fetal exposures.

[Prevalence and related factors of anxiety symptoms in patients with major depressive disorder and a history of recent suicide attempts: cross-sectional study](#)

Anxiety is associated with risk of RSA in patients with MDD, and depressive symptoms, positive psychotic symptoms and thyroid function may be related factors for severity of anxiety.

[Can crisis planning reduce repeat sectioning? FINCH feasibility trial](#)

FINCH trial of 80 people showed crisis planning intervention was feasible to deliver in NHS settings. Results leaned towards fewer repeat detentions, but study not designed to prove effectiveness.

[Can compassion focused therapy groups support people in CMHTs?](#)

Small service evaluation of compassion-focused therapy groups in two CMHTs found some participants improved on self-compassion and depression measures. Findings preliminary, not evidence of effectiveness.

[When the treatment doesn't work: what predicts difficult-to-treat postpartum depression?](#)

Swedish nationwide study of 58,618 women found 6% experienced treatment-resistant postpartum depression. Risk factors included lower socioeconomic status, smoking, pre-existing health conditions, caesarean or preterm birth.

[Medical cannabinoids as a treatment for mental health: helpful or hazardous?](#)

Systematic review of 54 RCTs found limited evidence for cannabinoids treating mental health conditions. Most robust findings for cannabis use disorder, but overall quality low.

[Spotting bipolar and psychosis risk earlier using routine clinical records](#)

A 28-predictor model using routine mental health records correctly identified risk for psychotic or bipolar disorders around 80% of the time, outperforming existing assessment tools in a study of 127,000 people.

[Engagement with digital mental health interventions remains poorly understood](#)

Four recent reviews all agree: we still don't know how to define, measure, or improve engagement with digital mental health interventions.

[Skin-picking as self-soothing: is emotion regulation the missing piece?](#)

A systematic review (of mostly cross-sectional studies) explores whether difficulties regulating emotions play a role in skin picking disorder, and what this could mean for treatment.



31 March 2026

Report

[Why are a growing number of young people who are NEET reporting work-limiting health conditions?](#)

NEET stands for 'not in employment, education or training'. Young people (aged 16–24 years) are described as NEET if they are not in school, college or university, doing an apprenticeship or vocational course, or in full or part-time work. The term helps to identify young people at risk of social exclusion and long-term unemployment or economic inactivity. Rising rates of mental health conditions are the leading cause of work-limiting ill health, along with the neurodevelopmental conditions ADHD and autism. These have been highlighted by both the [independent review into young people and work](#) and the [independent review into mental health conditions, ADHD and autism](#) as key contributors to worsening health, rising worklessness and higher welfare spending among young people.

Statistics

[Public opinions and social trends, Great Britain](#)

Social insights on daily life, including personal well-being, cost of living, and attitudes on important issues, from the Opinions and Lifestyle Survey (OPN). [Dataset](#)

Blogs

[A workforce for mental health in later life](#)

There are many dimensions to mental health inequality, but one that is often hidden is the paucity of support or attention we give to mental health in later life. While older citizens have, on average, better mental health than younger generations, poor mental health is still common in later life, it's affected by inequalities, and support for it is sparse compared with levels of need.

[Media reporting is still reinforcing stigma around mental health](#)

It's easy for media articles to stoke prejudice against people living with mental health needs. Or mistrust of those facing a crisis that has impacted their mental health. We're often left with an image of people gaming the NHS to get time off work.

News

[Shifting power](#)

Racism is built into systems and institutions that shape daily life. Structural racism influences the key building blocks of health – including work, housing and access to green space, affecting mental health throughout life. Population-level interventions that address these social determinants of health are essential to tackling racism's impact on mental health. By moving beyond individual clinical interventions towards prevention, they can reduce health inequalities. Shifting power explores how health systems and services can address the impacts of racism through these interventions and end systemic harm to racialised communities.

[BPS responds to reduction in mental health spend share](#)

Health Secretary Wes Streeting has announced a proportion of the NHS budget spent on mental healthcare will be cut for the third straight year.





31 March 2026

[BPS joins calls for an urgent review of NICE anxiety guideline](#)

The BPS has joined over [70 organisations and policymakers](#) calling on NICE to undertake the urgent, wholesale review of their anxiety guidelines. NICE's guidelines on generalised anxiety disorder and panic disorder in adults, shapes how anxiety treatment is delivered across the NHS. It has not been meaningfully updated since 2012, yet the number of adults living with anxiety has risen steadily in the years since. Despite NHS Talking Therapies receiving almost half a million presenting complaints of anxiety or stress-related disorders in 2022-23, fewer than half of those who access treatment reliably recover from their presenting issue (NHS Digital, 2024).

[BPS welcomes inquiry's calls for greater psychological support for NHS workforce](#)

The pandemic 'worsened wellbeing' of the NHS workforce and caused 'increased levels of burnout', a report into the UK's response has found.

[Men to get better health support through innovative partnership](#)

Partnership with Movember and People's Health Trust to trial new approaches to improve men's health.

['Massive boost of serotonin!': How a dose of nature is treating mental illness](#)

A project in London is helping hundreds of people, providing a genuine alternative to traditional treatments.

[From childhood to midlife and beyond: how to handle anxiety at every age](#)

Talk about your fears, normalise difficult emotions, get up and move: experts share their strategies for managing anxiety at different stages of life.

[Instagram worse for mental health than WhatsApp, global study finds](#)

Social media apps such as Instagram and TikTok, which encourage algorithm-driven scrolling, are worse for mental health than platforms such as Facebook and WhatsApp, which prioritise social connection, according to an annual barometer of global happiness. The [World Happiness Report](#) found excessive use of social media was causing unhappiness among young people across the world, although the impact was worse in English-speaking countries and western Europe. Overall happiness levels in the UK were at the lowest level since the report was first published in 2012.

['You lose yourself': inside the mental health crisis hitting gen X women](#)

My generation had great role models, free university and the morning-after pill. We should be running the world. Instead, two-thirds of us are facing mental health problems – and it's not all about the menopause.

[Study links children's social media use with anxiety and depression in teenage years](#)

Children who are on [social media](#) for more than three hours a day are more likely to develop depression and anxiety as teenagers, according to research. Experts said the impact was likely to be linked to a lack of sleep caused by using social media late at night, and that the link to depression was more pronounced in girls.



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



NHS
Mersey Care
NHS Foundation Trust

31 March 2026

[Hundreds of UK teenagers to trial six-week social media curbs for major study](#)

Hundreds of UK teenagers will trial social media bans, digital curfews and time limits on apps under a government pilot, which will run alongside a [consultation](#) to decide whether the UK should ban access to social media for the under-16s. Alongside the pilots and consultation, an independent study will become the world's first major scientific trial of the impact of reducing social media use among adolescents. A trial funded by the Wellcome Trust and co-led by the Bradford Institute for Health Research and the University of Cambridge psychologist Prof Amy Orben will examine changes in anxiety and sleep quality, time spent with friends and family, wellbeing, body image, social comparison, school absences and bullying. This study will involve about 4,000 students between the ages of 12 and 15 recruited from 10 Bradford secondary schools.

[One consultant psychiatrist for every 2,500 people who will experience a mental illness each year in England, latest census shows](#)

People who have a mental illness are unable to access vital care and treatment due to 'unsustainable' staff shortages, the Royal College of Psychiatrists (RCPsych) is warning. Consultant psychiatrists are being pushed to their 'breaking point' by unmanageable workloads as [RCPsych's new census](#) (PDF) reveals one in seven consultant posts are vacant in England (748 out of 5,193 consultants).

