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Studies

[The cost-effectiveness of predictive algorithm guided primary antidepressant treatment: economic evaluation of the multinational PReDicT randomised controlled trial](#)

We observed potentially meaningful health and economic benefits of closely monitored antidepressant treatment, as implemented in both treatment and control arms of the PReDicT trial. The PReDicT test itself had some added benefits in improved capabilities and productivity, however, with great uncertainty and country-level variations in cost-effectiveness.

[In the Land of the Unblind: are psychedelics really better than antidepressants?](#)

Psychedelic therapy looks impressive in trials, but when you account for the placebo effect, how does it really compare to antidepressants?

[Spotting teen depression: what Brazil, Nepal and Nigeria can teach us](#)

A cross-cultural study explores why depressed adolescents in Brazil, Nepal and Nigeria often slip through the net, and what we can do about it.

[Scrolling for answers: how reliable is mental health and neurodivergence-related information on social media?](#)

A new systematic review finds that mental health and neurodivergence-related misinformation is highest on TikTok, but quality varies widely across all platforms.

[Active coping could protect young people from depression after adversity](#)

A new study from Latin America finds that active coping could protect young people exposed to stressful life events from developing depression and anxiety.

[Texting anxiety away: does text message CBT work for young adults?](#)

A new RCT tested text message CBT for generalised anxiety in young adults, with promising results. But is it ready for clinical practice?

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance February 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.

[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).



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



NHS
Mersey Care
NHS Foundation Trust

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News

[Four-fifths of UK mental health nurses say their workload is unmanageable](#)

Mental health patients in the UK are routinely coming to harm because of high caseloads, understaffing and overwhelming administrative work, according to a poll that found only a fifth of specialist nurses felt their workload was manageable.

[Even without social media, phones have a subtle, damaging effect on our mental health](#)

Digital communication in its most basic forms can push us into an 'always on' state – and generate feelings of exclusion or rejection.

[Firefighters to benefit from bespoke health support](#)

Government announces a Firefighters Concordat, focused on health and wellbeing and built in partnership with the profession - to drive improvements in prevention, early diagnosis and support. Government will back and fund research into the hazards they face to improve our physical and mental health support offer to all firefighters.

[The development and impact of psychological interventions for people who engage in stalking in the UK](#)

BPS chartered member Dr Kirsty Butcher discusses the support available for stalking survivors and people who have engaged in stalking.

[New guidance sets out principles for understanding artificial intelligence in psychology](#)

New guidance published by the [Global Psychology Alliance](#) (GPA) provides an overview of critical knowledge and professional obligations for psychologists committed to responsible and effective integration of AI into mental health service delivery.

