

Studies

[Chronic pain in mental disorders: a widely overlooked comorbidity](#)

Chronic pain is highly common across mental disorders yet routinely overlooked. This umbrella review of nearly a million people makes the case for integrated care.

[Tackling loneliness could reduce depression for sexual minority older adults](#)

Loneliness accounted for 15% of the higher depression risk in sexual minority older adults, a new English cohort study finds, pointing to a modifiable pathway.

[MDMA-assisted therapy for depression: a promising but early first step](#)

A small proof-of-principle trial suggests MDMA-assisted therapy may be feasible and effective for depression, but open-label design and a highly pre-treated sample urge caution.

[A stitch in time: early intervention for young people – promising but patchy evidence](#)

Two major reviews find early intervention shows promise for youth mental health, but the evidence is stronger for psychosis than for anxiety and depression.

[Can group singing offer lasting relief from postnatal depression?](#)

New evidence shows Melodies for Mums outperforms standard community activities in reducing postnatal depression, with sustained effects lasting six months after the singing ends.

[Sleep hygiene mediates anxiety and sleep quality in adults: mediation and network analysis](#)

Sleep hygiene significantly mediated the relationship between anxiety and sleep quality, emphasising the role of consistent sleep-wake schedules. Network analysis identified irregular sleep patterns and specific sleep quality components – wakefulness behaviours, sleep initiation and self-reported sleep quality – as primary factors.

[Youth peer-based mental health programmes and supports in low- and middle-income countries: rapid review](#)

Y-PBMHPS can broaden youth mental health support and services in LMICs. Clearer guidelines on peer selection, training and supervision and further research in other LMICs, including cost-effectiveness evaluations, would strengthen the evidence base.

[Post-traumatic stress symptom trajectories following exposure to population-level trauma: findings from the COVID-19 Healthcare Staff Wellbeing Survey](#)

Post-pandemic PTSD monitoring and support for healthcare staff may be warranted alongside the development of internal communication strategies within healthcare systems to protect staff and services going forward.

Statistics

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

People's experiences of depressive symptoms, trust and community well-being among adults in Great Britain; indicators from the Opinions and Lifestyle Survey (OPN).

News

[Better cognition tied to higher relapse risk after depression remission](#)

Oxford and Birmingham study with more than 3,700 UK participants challenges idea that cognitive decline would be associated with relapse risk.

[The mental health of jurors must be top government priority after pilot conclusion, urges BPS](#)

Specialised mental health support for jurors should be made readily available across the country following the completion of a government pilot, according to the British Psychological Society.

[Stability beyond care](#)

This briefing, commissioned by Citizens Advice, finds that welfare advice in inpatient and community mental health is essential to effective care and recovery.

[Key target hit with 8,500 extra mental health workers in the NHS](#)

People across England will benefit from faster and better mental health support with 8,500 additional mental health workers recruited since the end of June 2024, meeting a key government target 3 years ahead of schedule.

['Trauma trackers' to monitor toll of job on police officers in England and Wales](#)

Policing in England and Wales faces a reckoning over the levels of trauma experienced by officers and staff as "trauma tracker" tools are to be mandated by ministers to ensure the psychological toll caused by exposure to death, abuse and neglect is recorded.

[Mental illness is pregnancy's number one complication. It's time to support those who suffer from it](#)

Integrated mental healthcare for maternity services, more perinatal psychiatrists and public awareness of the problem could deliver meaningful change.

[Supported housing crisis costs NHS mental health services in England £102 million a year](#)

Mental health patients are being forced to remain in hospital despite being clinically ready for discharge. This is due in part to a lack of available supported housing in local communities across England, which led to 121,695 additional hospital bed days in 2024/2025, costing mental health services across England an estimated £102 million, as found in a new report published by the Royal College of Psychiatrists, Look Ahead and the National Housing Federation.