



**NHS**  
Mersey Care  
NHS Foundation Trust

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## Studies

### [Ethnic minority carers' experiences of in-patient mental healthcare: qualitative study](#)

Ethnic minority carers of in-patients experience difficulties arising from a lack of cultural safety within in-patient psychiatric services. Embracing a holistic approach to care and providing comprehensive, culturally responsive guidance and support for carers are essential for promoting equitable mental healthcare.

### [Serotonin and working memory in mood disorder and healthy states: multi-cohort positron emission tomography study](#)

We found no evidence that key 5-HT receptor systems are associated with working memory performance in healthy individuals but did observe a positive association for 5-HT<sub>4</sub>R in patients with mood disorder. We speculate that although 5-HT neurotransmission markers may map onto working memory performance in the healthy state, pathologically altered 5-HT signalling may contribute to working memory deficits in mood disorders, possibly through downstream signalling and/or interactions with other neurotransmitter systems.

### [Lifestyle interventions for severe mental illness: time to deliver](#)

We have the evidence that lifestyle interventions work. Now what? The third Lancet Psychiatry Commission focuses on the messy business of implementation.

### [Targeting inflammation in depression: a proof-of-concept worth following](#)

A single dose of tocilizumab cleared inflammation in depressed patients, but did it ease their symptoms? A proof-of-concept RCT with cautious promise.

### [Mental health awareness: what we have gained, and what we did not expect](#)

Mental health awareness campaigns have reduced stigma and encouraged help-seeking, but a new review asks whether they also have unintended psychological costs such as inflating distress, driving self-diagnosis, and overwhelming services.

### [Brain scans, depression, and AI: small signals, big questions](#)

A new study uses AI on brain scans to predict depression. The findings are modest, but the implications go beyond the hospital.

### [Can stronger social connections really help reduce depression?](#)

A new umbrella review shows in-person social engagement reduces depression, especially for older adults and people most at risk of isolation.

### [How sleep changes across later life, and what it means for mental health](#)

A large UK Biobank study tracked sleep in over 77,000 adults. Here's what the data reveals about age, sex and mood.





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## Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance March 2026 and Quarter 4 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.

[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).

## News

[Government to transform mental health care with new strategy](#)

New mental health strategy will transform care in England and drive shift from crisis intervention to preventative care.

[Growing mental health crisis among children and young people in Wales](#)

More than 135,000 children and young people in Wales are estimated to have a diagnosable mental health condition, [according to a new report by Public Health Wales](#).

[UK's 'anxious generation' of young people struggling to adapt to workplace](#)

Former Labour health secretary Alan Milburn says firms must offer more flexibility and mental health support.

[Immunotherapy could be used to treat depression, early trial suggests](#)

UK scientists find tocilizumab, used for rheumatoid arthritis, may help antidepressant-resistant patients.

[What does stress really do to our bodies – and when does it become a big problem?](#)

From an elevated heart rate to weakened immunity, experts explain the hidden physical costs of chronic stress – and why our bodies aren't built to stay on high alert.

[Antidepressants in pregnancy do not raise children's risk of autism or ADHD, study finds](#)

Researchers say risk comes from 'other factors, including genetic predisposition to mental health conditions'.

[Older people risk mental decline if they do long hours of caring, UK study shows](#)

Researchers find 50+ hours a week can be detrimental to health but lighter responsibilities have positive effect.

[Supporting a whole-school approach to wellbeing](#)

Evaluation of myHappyMind, a positive wellbeing programme designed for early years to year six.



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



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[Half a million children attended A&E in mental health crisis, as RCN calls for wider roll-out of mental health A&Es and for action on social determinants](#)

Children and young people are being “unforgivably failed” say nursing staff, as new analysis shows around half a million presented to NHS emergency departments in a mental health crisis since 2019, with some now facing waits as long as 3 days before being transferred to a mental health unit. Overall, waits of 12 hours or more for children in a mental health crisis more than tripled during the same period in NHS trusts in England, the research finds.

