

Depression

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



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23 June 2026

Studies

[Long-term disparities and mediators of psychological distress in mothers with and without out-of-home care experience: analysis of prospective cohort data](#)

Our evidence underscores the potential value of holistically considering postpartum mental health, psychosocial and financial resources in maternal and early childhood public health interventions to disrupt the cumulative inequity likely faced by care-experienced mothers and prevent their mental ill-health in the long term.

[Adverse sequelae of the COVID-19 pandemic on mental healthcare in six low- and middle-income countries \(MASC\): a mixed-methods study with lessons for the future](#)

Our findings have the following implications. First, these mental health service reductions are clear examples of 'structural stigma', namely policy level decisions in healthcare which place a low priority upon services for people with MHCs. Second, integration of mental healthcare into all general healthcare settings is key to ensuring accessibility and parity of physical and mental healthcare. Third, digital innovations should be designed to strengthen and not fragment health systems. We discuss these findings in terms of anticipating such challenges for future pandemics and preparing layers of resilience.

[Is atypical depression a clinically and genetically distinct subtype?](#)

A large Australian study suggests that atypical depression is genetically, metabolically and clinically distinct, with poorer response to SSRIs and SNRIs.

[Psilocybin-assisted therapy for difficult-to-treat depression: underwhelming, but still vital?](#)

The EPISODE trial of psychedelic-assisted therapy for 'treatment-resistant depression' finds only modest effects, with a few clear responders, but lingering methodological questions.

[CBT for depression in primary care: gold standard, or one option among many?](#)

Does CBT really outperform other treatments for depression in primary care settings? A recent systematic review suggests patients may have more options than we think.

[Should we wait until age 13 before giving our kids a smartphone?](#)

Two new studies from the Adolescent Brain Cognitive Development cohort find that the younger a child is when they get a phone, the higher their risk of depression, obesity and insufficient sleep over the following year. For families whose children already have a phone, the most actionable levers are limiting daily use and keeping the device out of the bedroom at night.

[Can experiencing mental illness literally cause heartache?](#)

A systematic review of 22 million people finds several mental health conditions, including PTSD, depression and anxiety, are linked to higher acute coronary syndrome risk.

[Social connection is the key for engaging young people with digital mental health interventions](#)

Young people engage more with digital mental health platforms when they feel validated by peer stories, social connection and accessible design. These are the key drivers of sustained youth engagement.



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[The role of shame in hairpulling: understanding adolescents' experiences](#)

Around 1% of adolescents have clinically diagnosable trichotillomania, but what role does shame play in how hairpulling connects to anxiety and depression? A recent study explores this largely overlooked question.

[When staff wellbeing programmes backfire: lessons from a systematic review of mental health ward interventions](#)

Around 40% of mental health professionals experience emotional exhaustion, but do the interventions designed to help them actually work? A new review suggests the answer is more complicated than most ward managers would like.

[The diagnosis dilemma: can transdiagnostic approaches close the care gap for distressed youth?](#)

Many young people are clearly struggling but don't fit any diagnosis. A new meta-analysis asks whether transdiagnostic support can help them before a label arrives. Transdiagnostic interventions show small but consistent gains.

Briefing

[Suffering is not inevitable: a thematic analysis of a roundtable on ADHD and mental health](#)

This briefing highlights the key themes and insights from our roundtable on ADHD and mental health with James' Place.

Collection

[Independent review into mental health conditions, ADHD and autism](#)

Documents relating to the independent review into the prevalence and support for mental health conditions, ADHD and autism. [Easy read](#)

Statistics

[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).

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



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Podcast

[Community-rooted solutions to tackling mental health inequalities](#)

Andy Bell is joined by Danielle Bridge, Shoana Qureshi-Khan and Martin Bisp – three people leading voluntary, community and social enterprise sector organisations dedicated to tackling mental health inequalities.

Blogs

[Mental health and sexual identity: a personal and political story](#)

Sam marks Pride month with reflections on the connection between his mental health and his sexuality.

[Pride and its shadows](#)

In our second blog marking Pride month, David explores the connections between mental health and pride, shame and lateral violence within LGBTQ+ communities.

News

[Dismissed, siloed and misunderstood: Our mental health system is failing women](#)

The Royal College of Psychiatrists has published its first Women's Mental Health Strategy, calling for action to ensure the healthcare system better meets women's needs.

[New study casts doubt on reliability of mental health diagnosis interviews](#)

Diagnostic interviews – the most common way to diagnose substance use and mental disorders including depression, anxiety, bipolar and personality disorders – vary in reliability from condition to condition, according to a new study in [Jama Network Open](#).

[Record numbers of children with mental health support in schools](#)

The government is on track to meet its manifesto promise that every school and college will have access to mental health support teams by the end of 2029.

[Social media to be banned for under-16s in landmark government move to give kids their childhood back](#)

Social media platforms to be blocked from offering services to under-16s, marking a line in the sand and setting a new normal for future generations.

[4.8 million more people experiencing poor mental health: The Foundation Reports](#)

The Mental Health Foundation has released [The Foundation Reports: The state of mental health inequality in the UK](#), based on data following 40,000 individuals over 15 years.

