

Studies

[Reintegration programmes for people with severe mental illnesses released from correctional institutions: systematic review](#)

Reintegration programmes show promise, but current approaches demonstrate variable efficacy. Successful interventions appear to require comprehensive, sustained support addressing multiple domains including mental health treatment, housing, employment and social support.

[Applying cultural psychiatry to non-pharmacological interventions](#)

To mark the 10th Anniversary of BJPsych Open, we explore the contributions of papers published in BJPsych Open to advance cultural psychiatry practice and policy. In our overview of papers published in BJPsych Open, we found examples of good practice where authors detailed the translation methods and interpretation models in the research. The task facing clinicians and public health practitioners is to evolve applied, locally relevant, culturally competent interventions in which specific adaptations are shaped by the potential beneficiaries, alongside theoretical and practical issues of cultural adaptation. Researchers and clinicians will need to provide evidence of acceptability and effectiveness of adapted interventions, alongside considering financial and implementation realities.

[Psychological safety on mental health wards: more than preventing harm - National Elf Service](#)

The authors concluded:

- Perceived physical risk is elevated in this setting, but containing this risk should not come at the expense of the psychological safety of patients.
- Restrictive practices may be needed in crisis situations, but cause fear, distress, and trauma when psychological safety is not considered.
- Physical safety is prioritised over psychological safety.
- When restrictive practices are necessary, psychological safety can be improved by good communication and empathy.

[Social anxiety and executive functioning: small but significant links - National Elf Service](#)

Social anxiety is associated with small but significant impairments in executive functioning (EF), including in the domains of inhibitory control, cognitive flexibility, and global EF.

[Can a therapist's self-disclosure promote a client's recovery?](#)

In conclusion, while therapist self-disclosure does not directly influence overall client evaluations, it plays a crucial role in shaping therapeutic leadership. Specifically, therapists who share recovered personal experience are better able to embody both “who we are” (average prototypicality) and “who we aspire to be” (aspirational prototypicality) within the group.

[CBT and psychodynamic therapy work equally well for depression](#)

Based on the evidence, both CBT and STPP are effective short-term treatments for depression, with neither therapy outrightly outperforming the other. However, not all individuals respond to short-term care, highlighting the need for flexible pathways and access to alternative or longer-term services. CBT and STPP are both effective short-term treatments for depression, but since not everyone recovers, patients need access to longer-term care options too.



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Report

[Inquiry into interdisciplinary mental health research](#)

This report examines interdisciplinary research practices in mental health, with lessons from eight case studies both in the UK and further afield.

Statistics

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

[Public opinions and social trends, Great Britain: personal well-being and loneliness by personal characteristics](#)

Personal well-being, loneliness and what people in Great Britain felt were important issues by personal characteristics; indicators from the Opinions and Lifestyle Survey (OPN).

News

[Mental health personalised care framework welcomed by RCPsych](#)

NHS England has published the [Mental health personalised care framework: the modern care programme approach](#). The framework outlines the approach needed to deliver tailored care for adults who have a severe mental illness.

[Day of impact at the Senedd: RCPsych in Wales guides MSs on mental health and inspires young people at annual Summer School](#)

The experts spoke with MSs from across the political parties highlighting the importance of mental health and promoting the College's [MS guide to mental health and mental illness](#) – a practical resource for elected representatives.

[Taking salsa classes can improve mental health, Oxford study suggests](#)

Researchers find dance reduced depressive symptoms and social anxiety in young people in eight-week trial.

[Infections linked to higher risk of brain and mental health conditions for up to two years](#)

A large [study](#) of more than 1 million matched patient pairs finds that serious infections across the body are followed by increased risks of psychiatric and neurological diagnoses, especially in adults.





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[Experts raise the alarm over rise in use of AI for mental health support over traditional services](#)

Mental health charity Mind has raised concerns around the growing use of AI tools to support mental health, as people turn to AI chatbots over professional services. New research released today by the charity has found that, among the one in five (18%) people who had used AI chatbots to support their mental health in the last 12 months, 3 in 5 (60%) used chatbots instead of more formal support like NHS talking therapies.

[BPS supports calls for psychological support to be recognised part of cancer treatment](#)

The BPS Faculty for Oncology and Palliative Care responded to calls to end the disparity in psychological support for cancer patients.

[BPS supports calls for better monitoring, improved targets and more investment in children's health and wellbeing](#)

A [report](#) into children's wellbeing in the UK has been published by the Royal College of Paediatrics and Child Health's (RCPCH).

[New commission to evaluate the Building Brighter Futures programme](#)

The programme aims to improve the mental health of children and young people who are living in the most challenging circumstances and who face complex difficulties.

