

Studies

[Sex differences in psychiatric comorbidity across opioid, alcohol and cannabis dependence](#)

The study concluded that there are clear sex-based differences in the types of psychiatric comorbidities recorded among people with opioid, alcohol and cannabis dependence. Across all three substance groups, males had lower adjusted odds of anxiety, bipolar disorder, depression and trauma- and stressor-related disorders than females, while higher odds of psychotic disorders were found among males with opioid or cannabis dependence.

[Unequal weather: climate change and mental health inequalities](#)

Mahmood and colleagues concluded that climate change may disproportionately affect the mental health of socially disadvantaged groups. The review suggests that these inequalities are driven by a combination of greater exposure to climate-related disasters, greater material and personal losses when disasters occur, and fewer financial and social resources available to support recovery.

[Predicting depression and anxiety: what young people really think](#)

Young people show cautious openness toward risk prediction tools and personalised prevention for depression and anxiety. However, successful implementation requires addressing concerns surrounding accuracy, privacy, ethics, feasibility, and potential harms.

[Where do we go from here? Research priorities for metabolic interventions in severe mental illness](#)

The results suggest a clear shift away from treating metabolic interventions as purely a way to manage weight gain, and towards testing them as potential components of psychiatric care. The authors argue that these stakeholder-derived priorities should guide future funding, policy and study design, with a greater emphasis on outcomes that matter to people living with severe mental illness.

[Maternal anxiety and health service use after birth: cohort study](#)

Perinatal anxiety increases health service use for mothers but not for infants. Anxiety also negatively impacts satisfaction with healthcare. Findings can inform strategies to improve access and experience of care.

[A systematic review of the impact of Mental Health First Aid on medical, nursing and allied healthcare professional students](#)

MHFA shows promise in enhancing mental health literacy, confidence and intentions, and in reducing stigma, particularly when supplemented with experiential learning. HCP students may benefit from tailoring of such courses to their specific needs, fostering a culture of peer support, enhancing well-being and introducing basic concepts in mental health.

[Detecting short-term post-traumatic stress disorder symptom increases among veterans: machine-learning analysis integrating wearable sensor and daily self-report data](#)

Baseline-referenced wearable features combined with daily self-report may help identify near-term PTSD symptom increases among recently discharged veterans with elevated PTSD symptoms and problematic cannabis use. Future work should validate performance in broader PTSD populations, including samples without problematic cannabis use.



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[Social prescribing as relational early intervention to improve children and young people's mental well-being: an interpretive descriptive qualitative study in the North of England](#)

The findings suggest that social prescribing may function as a relational early intervention that supports emotional stabilisation and re-engagement with education and social contexts. However, further research is needed to confirm and quantify the effectiveness across different service models and settings.

Statistics

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

[Well-being of children aged 10 to 15 years in England and Wales](#)

Estimates of children's well-being, using data from the redesigned Children's Crime Survey for England and Wales.

News

[Strong school-family communication is the best way to boost attendance, new review finds](#)

Given the close link between poor attendance and mental health difficulties, the findings provide important insights for schools, families and policymakers.

[Number of young people with no close friends has soared since 2014 in England](#)

The number of young people with no close friends has risen fivefold since 2014 as a result of growing up in a "bleak world" dominated by austerity, the pandemic and social media. New [research](#) paints a sobering picture of how 11- to 24-year-olds in England are increasingly lonely, isolated and "disconnected" from themselves, peers and wider society.

[Place, inequalities and children and young people's mental health](#)

This briefing, Place, inequalities and children and young people's mental health, summarises recent research from the University of York, demonstrating how children's mental health is strongly shaped by where they grow up, with mental health inequalities driven by poverty, poor quality and insecure homes, access to good quality green space, and access to culturally competent mental health support.

[Embedding the Baby's Voice in Children and Young People's Mental Health Services. An approach to aid prioritisation, design and delivery](#)

This briefing, co-authored with the [Parent-Infant Foundation](#), is calling for babies' emotional and mental health needs to be recognised, understood and embedded within mental health policy, services and decision-making across the UK.

