

Studies

[Perinatal mental health beyond one year](#)

The authors concluded that there is substantial ongoing and newly recorded mental health need during the second postpartum year. They argue that the findings support England's decision to extend specialist perinatal mental health services from 12 to 24 months after birth.

[Understanding the mental health risks linked with cannabis use](#)

Freeman et al. (2026) suggest that different cannabis policies, particularly highly commercialised environments, may be associated with increased cannabis use and the THC concentration of cannabis used. Hall et al. (2026) suggest that frequent cannabis use and the use of high THC concentration products are associated with a greater risk of psychosis. Evidence for associations with other mental health conditions, including anxiety, depression, bipolar disorder and suicidal behaviour, remains less certain. Together, these reviews suggest that both patterns of cannabis use and the policy environments that shape the availability and potency of cannabis products may be important when considering the mental health risks of using cannabis.

["Stay awake, don't rest your head": Perinatal sleep disruption is associated with depression, anxiety and obsessive beliefs](#)

The authors found that perinatal anxiety, obsessive-compulsive symptoms, and depression were closely intertwined and were each associated with disturbed sleep.

[Probable post-traumatic stress disorder following discharge from hospital with COVID-19: prospective cohort study](#)

Probable PTSD was common 5 months after admission for COVID-19 and was associated with lower socioeconomic status, longer admission and previous depression or anxiety. Over half remained symptomatic at 12 months, associated with ICU admission and higher 5-month PCL-5 scores.

[Psychometric validation of an ultra-short form test anxiety inventory: initial step towards a brief screening measure](#)

These validated brief measures offer a promising toolkit for 'agile assessment' in student mental health settings, enabling early identification of at-risk students, pending external criterion validation and independent replication.

Statistics

[NHS Talking Therapies, for anxiety and depression, Annual reports, 2025-26](#)

This statistical release is the annual report on the NHS Talking Therapies programme from 1st April 2025 to 31st March 2026.

[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).



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News

[Draft guidance aims to improve identification of OCD and body dysmorphic disorder](#)

People with obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD) could be identified earlier and offered more appropriate treatment under draft NICE guidance. The draft recommendations advise healthcare professionals to consider assessing for OCD or BDD in people with depression, anxiety, autism or ADHD, as well as in people seeking cosmetic procedures.

[Understanding local provision for Black maternal mental health](#)

Black women face a higher risk of developing mental health problems during and after pregnancy, yet are less likely to receive the support they need. Mental health problems remain a leading cause of maternal deaths. This briefing, Understanding local provision for Black maternal mental health, brings together responses from Integrated Care Boards (ICBs) in England on training and services commissioned to support Black mothers. It is part of the Black Maternal Mental Health project, a three-year project led by The Motherhood Group in partnership with Maternal Mental Health Alliance and Centre for Mental Health.

[Study sheds new light on how ketamine may act rapidly in the human brain](#)

Researchers have identified a brain mechanism that could help explain ketamine's unusually rapid antidepressant effects, providing new clues for the development of faster and potentially more targeted treatments for depression.

[RCPsych in Wales welcomes Government's mental health commitments and stands ready to share clinical expertise in future decision-making](#)

Following the publication of the [Welsh Government's Programme for Government](#), the [Royal College of Psychiatrists in Wales](#) commends the focus on prevention, early intervention and plans to improve mental health services and outcomes.

[New HSSIB report highlights urgent need to improve crisis care for people with mental illness, says RCPsych](#)

The Health Services Safety Investigation Body (HSSIB) has published [Mental health crisis care: care of patients in emergency departments](#). The report highlights substantial variation in care provided to people experiencing a mental health crisis and makes the recommendation to improve the physical environment of emergency departments, service configuration and the capacity of services to respond.

