

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Systematic Reviews

[Is third-wave CBT good value?](#) Mental Elf summary of a systematic review on the economic impact of third-wave cognitive behavioural therapies.

[The impact of facial scarring: routinely assess for affective distress](#) Mental Elf blog on a recent systematic review that explores the associations linking facial scarring to depression and anxiety.

[Smoking bans and violence on mental health wards: what's the link?](#) An analysis of a systematic review on smoking bans and violence in mental health settings, which concludes that the introduction of smoke-free policies generally do not lead to an increase in violence.

[Depression: the efficacy and acceptability of antidepressants in the acute management of depression](#) A large systematic review and network meta-analysis of 522 double-blind placebo-controlled and head-to-head randomised controlled trials found few

Meta-analysis

[Guided online interventions can help people recover from depression](#) This meta-analysis shows people using guided internet therapy are over twice as likely to respond to treatment and achieve remission.

Publications

[Prevention is better than cure: Our vision to help you live well for longer](#) This document sets out the government's vision for improving healthy life expectancy by at least 5 extra years, by 2035, and to close the gap between the richest and poorest

[Mental health and behaviour in schools](#) How schools can support pupils whose mental health problems manifest themselves in behaviour.

Guidance

[Management of physical health conditions in adults with severe mental disorders: WHO Guidelines](#) WHO's "Guidelines on management of physical health conditions in adults with severe mental disorders" provide evidence-based, up-to-date recommendations to practitioners on how to recognize and manage comorbid physical and mental health conditions.

Study

[Genetic links between depression and obesity explored](#) This study provides evidence that the link seen between obesity and depression may, at least in part, be due to a direct impact of weight on a person's risk of depression.

Reports

[FROM-Perinatal Framework for Routine Outcome Measures in Perinatal Psychiatry](#) This report sets out guidance on routine clinical outcome measurement in perinatal services.

[Stonewall report reveals impact of discrimination on health of LGBT people](#) New research from Stonewall, Britain's leading charity for lesbian, gay, bi and trans equality, exposes alarming levels of poor mental health among LGBT people compared to the general population.

Advice

[What is loneliness and how can we overcome it? Explained](#)

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