

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



Mersey Care  
NHS Foundation Trust

Community and Mental Health Services

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## Systematic Reviews

[Do you have my back? Perceived social support, loneliness, and its impact on mental health outcomes](#) This article summarises a recent systematic review on the associations between loneliness perceived social support and outcomes of mental health problems.

[Mental health stigma in schools: helping young people access support](#) This article considers a recent systematic review of qualitative evidence on stigma related to targeted school-based mental health interventions.

[Non-pharmacological interventions for depression/anxiety in older adults with physical comorbidities affecting functioning: systematic review and meta-analysis](#) This systematic review examined the effectiveness of non pharmacological interventions for older adults with depression and anxiety who also had functional difficulties.

## Meta-analysis

[Genetics of depression: understanding risk and improving treatment](#) This article summarises a genome-wide meta-analysis of depression in 807,553 individuals, which identified 102 independent variants relating to the genetics of depression and suggested that there are now enough associated genes to begin to recognise patterns that underlie depression risk.

## Study

[Combining mirtazapine with SSRIs or SNRIs for treatment-resistant depression: the MIR RCT](#) This study reported that it did not find convincing evidence of a clinically important benefit for mirtazapine in addition to a SSRI or a SNRI antidepressant over placebo in primary care patients with TRD. There was no evidence that the addition of mirtazapine was a cost-effective use of NHS resources.

## Report

[Youth mental health research priorities](#) This article summarises and discusses a new report from the McPin Foundation, which presents 25 research priorities for children and young people's mental health, including research around screening young people, early intervention and involving young people in their treatment decisions.

## Guidance

[Mental health promotion and mental health care in refugees and migrants](#) This guidance document from the World Health Organisation reviews the prevalence of some disorders such as post-traumatic stress disorder and depressive and anxiety disorders in refugees and migrants.

## Cochrane Clinical Answers

[In adults with treatment-resistant depression, do psychological therapies as an adjunct to usual care help to improve outcomes?](#) This summary of evidence from Cochrane Clinical Answers found that In adults with treatment-resistant depression, psychological therapies added to usual care resulted in modest improvement in depressive symptoms at up to six months.

[How does bupropion compare with placebo for preventing seasonal affective disorder \(SAD\)?](#) the data available it was found that events were not increased with bupropion, but reviewers found higher rates of headache, insomnia and nausea with bupropion, although several of these side-effects were only noted in low-certainty evidence.

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