Mental Health – Current Awareness

We recently saw the coming and going of Mental Illness Awareness Week, one of many moments in the calendar where we pause to consider mental health and the effects it has on our lives as well as on the lives of patients across all specialties. But mental health affects us year-round, with vulnerable patients and stressed staff making it something we all need to keep an eye on.

Presented here is our selection of the latest evidence including guidance, research, e-learning, patient information & more - we hope it will help to demystify the variety of resources out there and allow you to make the fullest use of the information available to Library members.

As always, remember to get in touch if you need help finding specific clinical information no matter the topic - and if there's a current awareness bulletin you'd love to see, we'd love to hear about it!

**If you need to talk to someone confidentially now**, you can speak to Samaritans on 116 123 or email jo@samaritans.org.uk (responses via email will not be immediate).

A fuller list of helplines including some specific to certain disorders or issues such as abuse or addiction is available here.

Please note that Library Services is not affiliated with any of these services.

**Guidelines, Guidance and Toolkits**

**EPA guidance on eMental health interventions in the treatment of posttraumatic stress disorder (PTSD)**

Association of European Psychiatrists, 2017

**EPA guidance on mental health and economic crises in Europe**

Association of European Psychiatrists, 2016
Workplace health: management practices: guidance (NG13)
NICE, 2015

Stress and you: a guide for nursing staff
Royal College of Nursing, 2015

Improving patient outcomes by improving staff health and wellbeing
Royal College of Nursing, 2016

Safe and effective staffing: nursing against the odds
Royal College of Nursing, 2017

Safe and effective staffing: the real picture
Royal College of Nursing, 2017

Mindful nation UK: report by the mindfulness all-party parliamentary group (MAPPG)
Local Government Information Unit, 2015

Fatigue and sleep deprivation – the impact of different working patterns on doctors
BMA, 2018

Safeguarding children and young people: every psychologist’s responsibility
British Psychological Society, 2018

Emotional and psychological support for people with diabetes
Diabetes UK, 2016

Randomised controlled trials of interventions to improve NHS staff stress and wellbeing
UK Clinical Trials Gateway, 2017

What do we mean by physician wellness? A systematic review of its definition and measurement
Academic Psychiatry: The Journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry

The inquiry report, creative health: the arts for health and wellbeing – second edition
All Party Parliamentary Group on Arts, Health and Wellbeing, 2017

NHS reality check: delivering care under pressure
Royal College of Physicians, 2017

The fifteen steeps challenge – quality from a patient’s perspective: a mental health toolkit
NHS England, 2017

Choice in mental health care
NHS England, 2018
Mental health condition packs 2017: Central London (Westminster) CCG
NHS RightCare, 2017

Mental health conditions packs 2017: West London (K&C & QPP) CCG
NHS RightCare, 2017

Public Health England issues recommendations for psychoactive substances in secure mental health settings
Public Health England, 2017

Mental health matters too: improving mental health services for people with Parkinson’s who experience anxiety and depression
All Party Parliamentary Group for Parkinson’s disease, 2018

Evidence Summaries & Reviews

Mental Health in the Workplace
Mental Health Foundation, February 2018

Supporting the emotional and mental health needs of people with cancer
Mental Health Foundation, April 2018

Quality improvement in mental health
King’s Fund, July 2017

How to look after your mental health in later life
Mental Health Foundation, May 2018

Psychotropic medicines in people with learning disabilities whose behaviour challenges
NICE, February 2018

Briefing 50. Fatherhood: the impact of fathers on children’s mental health
Centre for Mental Health, February 2017

Psychology at work: improving wellbeing and productivity in the workplace
British Psychological Society, November 2017

Forward Thinking - NIHR research on support for people with severe mental illness
NIHR Dissemination Centre, March 2018

Talking therapy given by parents shows promise for childhood anxiety disorders
NIHR Dissemination Centre, August 2017

Addressing comorbidity between mental disorders and major noncommunicable diseases
WHO Regional Office for Europe, June 2017
Stress: Are We Coping?
Mental Health Foundation, May 2018

Mental illness and emotional wellbeing: part of the same continuum?
The Mental Elf, April 2017

Major Depressive Disorder
DynaMed, August 2018

Generalized Anxiety Disorder
DynaMed, September 2018

Anxiety in Palliative Care Patients
DynaMed, July 2018

Bipolar Disorder
Clinical Knowledge Summaries, September 2017

Obsessive Compulsive Disorder
Clinical Knowledge Summaries, June 2018

CPD and training
Adult mental health CPD courses [external CPD provider; fees apply]
The Tavistock and Portman NHS Trust, 2018

Mental health first aid [nationwide provider of mental health first aid training; fees apply]
MHFA England, 2018

e-Learning for Healthcare: mental health awareness programme [OpenAthens account required; one of several online mental health training courses for NHS staff]
Health Education England, 2018

Information for Patients
Mental Health Act 1983: patient information leaflets
Department of Health, 2018

Informal mental health patients: what are they told of their legal rights?
SCIE Social Care Online, 2017

Worried about someone’s mental health factsheet
Rethink Mental Illness, 2018

Mental Health Act factsheet
Rethink Mental Illness, 2018
How to manage and reduce stress
Mental Health Foundation, 2016

Drugs, prescribing and technical information
Psychoses and related disorders
BNF

Alcohol Dependence
BNF

Psychoses and related disorders
BNF for Children

Stopping or reducing antipsychotics in people with learning disabilities who have challenging behaviour
NICE, May 2017

Depression treatment and mortality after myocardial infarction
NICE, June 2017

Community pharmacies: promoting health and wellbeing
NICE, August 2018

Eating disorders – Quality Standard
NICE, September 2018

Equally Well: A new collaborative to support the physical health of people with a mental illness
Centre for Mental Health, September 2018

FDA updates warnings for fluoroquinolone antibiotics on risks of mental health and low blood sugar adverse reactions
Food and Drug Administration, July 2018

Be the change: Ensuring an effective response to all in psychiatric emergency equal to medical care
NHS Clinical Commissioners, October 2018

Prescribing in ADHD
PrescQIPP, March 2017
Recent Journal Articles

Many articles are available with your NICE OpenAthens account - sign in when prompted. Some articles may only be accessible on library computers, as individually specified - and we'll be happy to help you out when you visit! If in doubt, please contact your librarian.

Resnicoff & Kell. *Brief mindfulness meditation with night nursing unit staff: a qualitative study.* Holistic Nursing Practice. 32 (6), 2018.


Hill et al. *In their own words: stressors facing medical students in the millennial generation.* Medical Education Online. 23 (1), 2018.


Magola et al. *Community pharmacists at transition to independent practice: isolated, unsupported, and stressed.* Health & Social Care in the Community. 26 (6), 2018.


Teismann et al. Suicidal ideation in primary care patients suffering from panic disorder with or without agoraphobia. BMC Psychiatry. 18, 2018.


**Selected Library Books and Chapters**
For location and availability, and to search for more books, please check [Library Search](#), the Imperial College Library catalogue.


Callaghan, Patrick & Gamble, Catherine (2015). *Oxford handbook of mental health nursing*, 2nd ed. *(online and physical)*


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**Oxford Medicine Online**
Sign in with your OpenAthens account.
Search for one or more keywords relating to your chosen topic (e.g. "depression", "stress") to find relevant e-book chapters across all Oxford Handbooks and Textbooks - accessible anywhere.

For more information...
If you have any trouble accessing the material above, or want to learn more about what support, resources and training are available to you please contact your librarian. We’re here to help!

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