

CURRENT AWARENESS BULLETIN

Mental Health & Learning Disabilities

July 2025

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- Archive of these current awareness bulletins
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BREAKING NEWS and SPOTLIGHTS

- [10 Year Health Plan for England: fit for the future](#)
 - Response from RCPsych: [10 Year Health Plan has welcome focus on mental health but intentions must become reality](#) and British Psychological society: [BPS responds to government's 10 Year Health Plan](#)
 - Follow up on this, the King's Fund is offering analysis and insight into this plan with free recording of a webinar: [Future prospects for the NHS The King's Fund analyses the 10 Year Health Plan](#), a podcast episode: [The 10 Year Health Plan: What Is It And What Happens Next?](#) And an article [Truly Fit For The Future? The 10 Year Health Plan Explained](#)
- [Review of patient safety across the health and care landscape](#) - This independent review, looking at 6 different Trusts and gives nine recommendations in line with chapter 6 of the 10 Year Health Plan. Recommendations call for a streamlined approach to gather patients, wider community input and staff voice, a higher used of data and data analytics to gather and support quality of health and social care and the development of national strategy for adult social care underpinned by clear evidence.

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GOVERNMENT AND OTHER INSTITUTIONS

UK Government

A series of qualitative literature reviews was published this month on learning disabilities. It encompasses various themes, including employment, the impact of rising cost of living and mental health-related themes, which are:

[Disability, loneliness and relationships: a thematic report](#) – Published 17th July. This review highlights that disabled people face many barriers and their preferences for socialisation and relationships are not based on “common interests but on environment, communities and spaces they can access, the type of support they receive, and who supports them”. Accessibility remains a major issue.

[The lived experience of disabled people in the UK: a review of evidence](#) – Published 17th July. Evidence gathered for the period 2010-2021 to answer the question “What evidence exists about the barriers and opportunities facing disabled people in the UK, arising specifically from their first-hand knowledge and experience (lived experience), in areas of current policy concern?”

[Natural England promotes outdoor healthcare in Sussex](#) – Press release published 15th July. A Level 3 qualification developed by Natural England has been introduced in Sussex, specifically targeting nurses, therapists, and other healthcare professionals. The programme aims to enhance participants' confidence and competence in facilitating group activities within diverse outdoor environments.

Community Pharmacy England

[Medicines supply report – Pharmacy pressures survey 2025](#) – Released in July, this survey highlights the challenges to source out specific medicines and highlights shortages such as Quetiapine (to treat schizophrenia and bipolar conditions) and Methylphenidate (for patients with ADHD)

Data

NHS England Digital

[Mental Health Services Monthly statistics performance](#)

Publication: 10th July. Coverage: 1st June 2024 to 31st May 2025

[Learning Disability Services Monthly Statistics](#)

Publication: 17th July. Period cover 1st June 2025 to 30th June 2025

Complementary data in [Mental Health Watch](#) with the latest data from May 2025.

The Royal College of Psychiatrists

[6 posts](#) for July

Spotlight on [Do you work in a community mental health team?](#) RCPsych would like to seek feedback from Mental Health team to improve and adapt their services to meet their needs in training and quality improvement products.

The British Psychological Society

[13 posts](#) for July

Spotlight on [Join the new register for Mental Health and Wellbeing Practitioners](#). This is a requirement for all Mental Health and Wellbeing practitioners working in NHS commissioned healthcare since 30th June.

The King's Fund

[NHS: Key Facts And Figures](#) – Published 2nd July. This summary presents essential data from numerous annual enquiries, covering NHS spending, international comparisons, costs of appointments and services, staffing, hospital numbers, beds, and overall trends.

MQ Mental Health

[Why is Depression Rising Among Young People?](#) June 2025 - a podcast episodes with an interview of Dr Maria Loades from Bath University and her work on depression and anxiety in young people.

OTHER NEWS



HSJ Mental Health

[90,000 three-year waiters revealed in unpublished data](#) – Published 8th July. “The huge numbers of very long waits for NHS mental health care have been exposed in new data – revealing figures much larger than those waiting for physical health treatment.”

ITV News

[Lack of SEND provision is one of most common complaints received by MPs, an ITV News survey shows](#) – Published 26th June.

Response from BPS: [BPS responds to surge in complaints about SEND provision received by MPs](#)

Digital Health

[Augmented reality mental health crisis training app developed](#) - Published 8th July. Tees, Esk and Wear Valley NHS Foundation and Teesside University have developed a mental health crisis simulation training app for student nurses.

[Latest articles of the National Elf Service in Mental Health](#) – 13 posts for July

Spotlight on [Why minoritised ethnic patients are more often rapidly tranquilised and what needs to change](#) – 11th July

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LEARNING and FUNDING OPORTUNITIES

[NHS England Online course – nurturing compassionate and inclusive NHS cultures](#) Flexible online course run quarterly. Next quarter is **January 2026**.

[MQ Mental Health – a special episode on career in Research](#) with interviews of various guests that gives an insight into their journey into research.

[Courses and Conferences Funding for Early Career Researchers – MH-TRC Mission](#). The NIHR Mental Health Translational Research Collaboration Mission (MH-TRC) invites early career researchers to apply for funding towards course and conference fees, as well as travel costs, on a rolling basis. PhD candidates seeking co-funding may apply for up to 50% of tuition fees (to a maximum of £15,000), provided the remainder is already secured.

RCPsych

[Conference travel grants for academic resident doctors](#). This for clinical academic trainees to attend conferences. This grant is up to £500 and applications can be done twice a year with deadline **15 February and 15 August each year**

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RESEARCH ARTICLES

[Please bear in mind that any articles marked ‘online ahead of print’ might be awaiting final corrections before print, but if they are from a peer-reviewed journal, they should have been peer reviewed]

General interest

Anderson, L. and Anderson, G. (2025) “[Using therapeutic art practice to address the continuing escalation of perinatal mental ill health](#)”, *British Journal of Midwifery*, 33 (7), pp. 408-441.

Bellato, A., Raduà, J., Stocker, A., et al. (2025) ‘[Reporting and Representation of Race and Ethnicity in Clinical Trials of Pharmacotherapy for Mental Disorders: A Meta-Analysis](#)’, *JAMA Psychiatry*, 82(7), pp. 663–670.

Chen, M.S., Cai, Q., Omari, D., et al. (2025) ‘Emotion regulation and mental health across cultures: a systematic review and meta-analysis’, *Nature human behaviour*, 9(6), pp. 1176–1200 Available at: <https://doi.org/10.1038/s41562-025-02168-8>.

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Grocott, K., Mansour, A., Shiels, E., et al. (2025) ‘[Mental health effects of exposure to environmental noise at home: A systematic review of potential mediating pathways](#)’, *Noise & health*, 27(126), pp. 255–267 Available at: .

Janik, A., Qiu, X., Lane, R., et al. (2025) ‘[Esketamine Monotherapy in Adults With Treatment-Resistant Depression: A Randomized Clinical Trial](#)’, *JAMA Psychiatry*.

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- Kappel, D.B., Smart, S.E., Owen, M.J., et al. (2025) ['Association between genetic liability to physical health conditions and comorbidities in individuals with severe mental illness: an analysis of two cross-sectional observational studies in the UK'](#), *The Lancet. Psychiatry*, 12(6), pp. 447–456.
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- McConnell, D., Wong, G. and Ferrey, A. (2025) ['The relationship between attachment and mental health at work: A narrative review'](#), *Work (Reading, Mass.)*, 81(3), pp. 2833–2843.
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- Münste, C., Glattacker, M., Müller, S., et al. (2025) ['Long COVID in people with mental health disorders: a scoping review'](#), *BMC psychiatry*, 25(1), pp. 669.
- O'Brien, D., Healy, A.M., Harkin, A. and Cadogan, C. (2025) ['A systematic review of manipulations to pharmaceutical dosage forms used in psychotropic tapering plans'](#), *British Journal of Clinical Pharmacology*, 91(7), pp. 1899–1913.
- Pedersen, C.B., Pedersen, M.G., Antonsen, S., et al. (2025) ['Absolute and relative risks of mental disorders in families: a Danish register-based study'](#), *The Lancet Psychiatry*, 12(8), pp. 590–599.
- Perich, T. and Kakakios, K. (2025) ['Psychoeducation in the management of menopause symptoms for women living with a serious mental illness: a scoping review'](#), *Menopause (New York, N.Y.)*, 32(7), pp. 658–664.
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Children and Adolescents

- Ching, B.C.F., Downs, J., Zhang, S., et al. (2025) ['Research Review: The impact of the COVID-19 pandemic on the mental health of children and young people with pre-existing mental health and neurodevelopmental conditions - a systematic review and meta-analysis of longitudinal studies'](#), *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 66(8), pp. 1274–1298.
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Joshua, P.R., Lewis, V., Kelty, S.F. and Boer, D.P. (2025) ['Applications of schema therapy in young people: a systematic review'](#), *Cognitive Behaviour Therapy*, , pp. 1–23.

Digital

Bakanaité, R., Bakaniené, I. and Kanyeredzi, A. (2025) ['Long-Term Effectiveness of Internet-Based Versus Traditional Cognitive Behavioral Therapy Across Psychiatric Disorders: A Systematic Review and Meta-Analysis'](#), *Telemedicine Journal and E-Health: The Official Journal of the American Telemedicine Association*.

Chhabra, J., Pilkington, V., Benakovic, R., et al. (2025) ['Social Media and Youth Mental Health: Scoping Review of Platform and Policy Recommendations'](#), *Journal of medical Internet research*, 27, pp. e72061.

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Sun, J., Chaw, X., Fresnoza, S. and Kuo, H. (2025) ['Effects of virtual reality-based exercise intervention in young people with attention-deficit/ hyperactivity disorder: a systematic review'](#), *Journal of neuroengineering and rehabilitation*, 22(1), pp. 139–3.

Eating Disorders

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Downs, J. and Kelly, C. (2025) ['Improving Understanding, Recognition and Treatment for Men With Anorexia Nervosa'](#), *British journal of hospital medicine (London, England : 2005)*, 86(6), pp. 1–15.

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Kruger, M., Liu, J., Graver, H., et al. (2025) ['Ecological momentary interventions for eating disorders: a systematic review of the nascent science and recommendations for future research'](#), *Journal of Eating Disorders*, 13(1), pp. 122.

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Learning Difficulties

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Cancino-Barros, I., Villacura-Herrera, C. and Castillo, R.D. (2025) ['A meta-analytic review of quantification methods for camouflaging behaviors in autistic and neurotypical individuals'](#), *Scientific Reports*, 15(1), pp. 22885.

Carter, J., Spector, A., Ali, A., et al. (2025) ['Views and Experiences of Dementia in People With Intellectual Disabilities: A Systematic Review of Qualitative Research'](#), *Journal of intellectual disability research : JIDR*, 69(7), pp. 533–545.

Le, D.D., Nguyen, T.K.C., Le, T.H. and Ngo, T.D. (2025) ['The use of eye-tracking technology in supporting children and adolescents with attention deficit/hyperactivity disorder: a comprehensive review'](#), *Disability and Rehabilitation. Assistive technology*, 20(5), pp. 1296–1323.

Li, L., Coghill, D., Sjölander, A., et al. (2025) ['Increased Prescribing of Attention-Deficit/Hyperactivity Disorder Medication and Real-World Outcomes Over Time'](#), *JAMA Psychiatry*.

Mueller, L., Santos de Jesus, J., Schmid, Y., et al. (2025) ['Safety and Efficacy of Repeated Low-Dose LSD for ADHD Treatment in Adults: A Randomized Clinical Trial'](#), *JAMA psychiatry*, 82(6), pp. 555–562.



Vargas, C., Paoletti, D., De Stasio, S. and Berenguer, C. (2025) '[Sleep disturbances in autistic children and adolescents: A systematic review and meta-analysis of randomized controlled trials](#)', *Autism : the international journal of research and practice*, 29(7), pp. 1661–1673.

Mental Health for professionals

Mahanjana, S.K., Pitso, L.A. and Ncube, M.V. (2025) '[Mapping intervention strategies and mental health support journeys in addressing mental health challenges among healthcare professionals - a scoping review](#)', *BMC psychology*, 13(1), pp. 651.

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