Ensuring optimal care for mental health is an increasingly important concern for professionals working across a variety of healthcare settings today. Not only is it essential for maintaining the long-term physical health and well-being of patients of all ages but should also be a priority for the self-care of professionals themselves. We have provided a list of relevant articles from MA Healthcare journals dealing with this area, thereby providing your NHS staff with research, information and tips that will support both their work and the care of their patients.

**British Journal of Cardiac Nursing**

- Spiritual wellbeing and its relationship with perceived stress, anxiety and depression in Iranian cardiac patients
  
  Published Online:14 Jul 2020
  
  [https://doi.org/10.12968/bjca.2020.0028](https://doi.org/10.12968/bjca.2020.0028)

**British Journal of Child Health**

- Mental health and wellbeing: 10 challenges post-lockdown
  
  Published Online:17 Aug 2020
  
  [https://doi.org/10.12968/chhe.2020.1.3.133](https://doi.org/10.12968/chhe.2020.1.3.133)

- Mental health and COVID-19: Advice for teachers
  
  Published Online:17 Jun 2020
  
  [https://doi.org/10.12968/chhe.2020.1.2.101](https://doi.org/10.12968/chhe.2020.1.2.101)

**British Journal of Community Nursing**

- Biopsychopharmacosocial approach to assess impact of social distancing and isolation on mental health in older adults
  
  Published Online:7 May 2020
  
  [https://doi.org/10.12968/bjcn.2020.25.5.231](https://doi.org/10.12968/bjcn.2020.25.5.231)

**British Journal of Healthcare Assistants**

- HIV mental health and emotional wellbeing
  
  Published Online:12 Mar 2020
  
- Rare health conditions 35: issues of anxiety resulting from a diagnosis of a rare health condition and the value and implications of genetic testing
  Published Online: 14 Jun 2020

- Anxiety: a healthcare assistant's view
  Published Online: 12 Mar 2020
  https://doi.org/10.12968/bjha.2020.14.3.118

**British Journal of Hospital Medicine**

- Improving the quality of hospital care provided to people aged 11–25 years with a mental health condition
  Published Online: 25 Aug 2020
  https://doi.org/10.12968/hmed.2020.0244

**British Journal of Mental Health Nursing**

- No health without mental health?
  Published Online: 23 Mar 2020
  https://doi.org/10.12968/bjmh.2020.0001

- An audit of maternal mental health assessments in the perinatal period using a new risk assessment document developed by a Scottish health board
  Published Online: 5 Aug 2020
  https://doi.org/10.12968/bjmh.2019.0024

- Positive psychology: kindness and its role within mental health nursing
  Published Online: 28 Apr 2020
  https://doi.org/10.12968/bjmh.2020.0024

- Positive psychology: social connectivity and its role within mental health nursing
  Published Online: 28 Apr 2020
  https://doi.org/10.12968/bjmh.2020.0007

- Pressures, pride and solace: CAMHS mental health nurses' experience of working with young people at risk of suicide in the community
  Published Online: 23 Jun 2020
  https://doi.org/10.12968/bjmh.2019.0009

- Rising to the challenges of COVID-19: the front line of care and support for people with long-term mental health problems and the response of Northern Healthcare
  Published Online: 8 Jun 2020
  https://doi.org/10.12968/bjmh.2020.0026

- How ward rules and limit setting contribute towards restrictive practices and presentations of challenging behaviour in patients on mental health wards
  Published Online: 23 Mar 2020
  https://doi.org/10.12968/bjmh.2019.0008
British Journal of Nursing

- Wellbeing and mental health: applying All Our Health
  Published Online: 13 Mar 2020
  https://doi.org/10.12968/bjon.2020.29.5.328

- Physical health assessment for people with a severe mental illness
  Published Online: 28 May 2020
  https://doi.org/10.12968/bjon.2020.29.10.553

Gastrointestinal Nursing

- Anxiety and depression on the liver transplant waiting list: a case for
  Published Online: 22 Jul 2020

Journal of Aesthetic Nursing

- Body dysmorphic disorder is important, but are we missing other serious dysmorphias?
  Published Online: 13 Jul 2020
  https://doi.org/10.12968/joan.2020.9.6.238

Journal of Health Visiting

- Mind over matter: Supporting children’s mental health
  Published Online: 19 Mar 2020
  https://doi.org/10.12968/johv.2020.8.3.110

- Parental mental health: The Perinatal Positivity project
  Published Online: 21 May 2020
  https://doi.org/10.12968/johv.2020.8.5.200

Journal of Kidney Care

- Positive mental health during the COVID-19 pandemic: anxiety or moral distress?
  Published Online: 2 Jun 2020
  https://doi.org/10.12968/jokc.2020.5.3.116

Journal of Paramedic Practice

- Could mindfulness activity improve occupational health in UK paramedics?
  Published Online: 5 May 2020
  https://doi.org/10.12968/jpar.2020.12.5.186

Journal of Prescribing Practice

- Deprescribing in mental health care
  Published Online: 12 Aug 2020
  https://doi.org/10.12968/jprp.2020.2.8.460
• An exploration of why qualified mental health nurse prescribers do not prescribe
  Published Online: 11 Jul 2020
  https://doi.org/10.12968/jprp.2020.2.7.404

• Prescribing where there is a comorbid presentation of anxiety and depression: a case study
  Published Online: 12 Aug 2020
  https://doi.org/10.12968/jprp.2020.2.8.442

Nursing and Residential Care

• Nurturing care home mental health amid COVID-19 outbreak
  Published Online: 9 Apr 2020
  https://doi.org/10.12968/nrec.2020.22.5.4

• The impact of COVID-19 on people with autism, learning disabilities and mental health conditions
  Published Online: 17 May 2020
  https://doi.org/10.12968/nrec.2020.22.6.10