

Mental Health – Mood and Anxiety

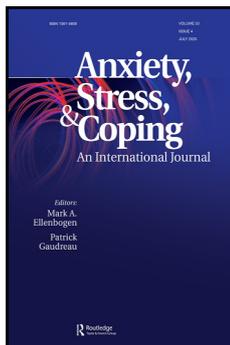
The Library and Knowledge Service for Sussex Partnership has a number of ways to keep health care staff up-to-date with the latest evidence. Here is a selected list of resources and services available for your use. See all resources on our website - www.sussexpartnership.nhs.uk/library

To access the online resources listed you will need an **OpenAthens** account. Register for your account at <https://openathens.nice.org.uk> Remember to select **Sussex Partnership NHS Foundation Trust** as your organisation.

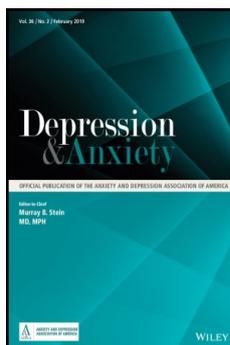
Contact spnt.library-services@nhs.net for advice.

Journals

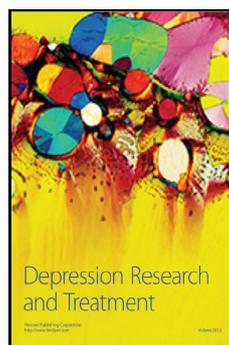
[Anxiety, Stress & Coping](#)



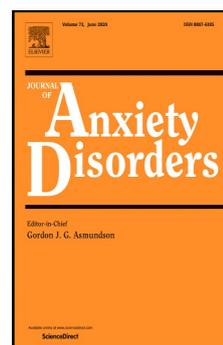
[Depression and Anxiety](#)



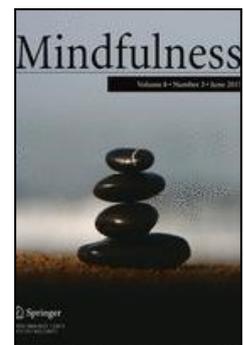
[Depression Research and Treatment](#)



[Journal of Anxiety Disorders](#)



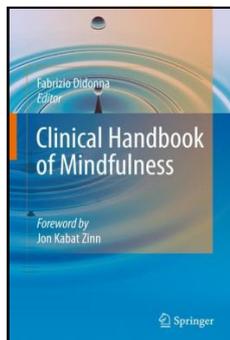
[Mindfulness](#)



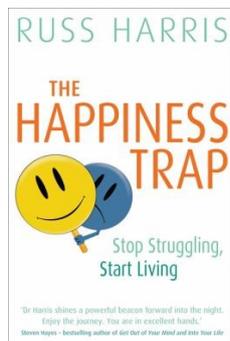
Explore the full range of journals available at <https://journals.nice.org.uk>

Books

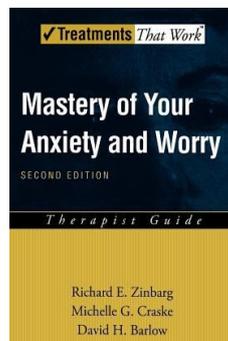
Available in [print](#) and [online](#)



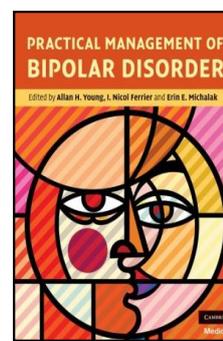
Available in [print](#)



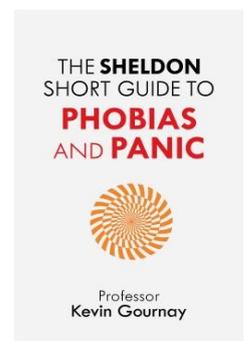
Available in [print](#)



Available in [print](#)



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See the full collection at www.southeastlibrarysearch.nhs.uk

Evidence Searching

We provide evidence to answer questions about patient care, service improvement, research and clinical teaching. To request a search, contact spnt.library-services@nhs.net

Recent searches for Mood and Anxiety include:

- *Treating patients with PTSD*
- *Does testosterone therapy for FTM transition affect symptoms of mood disorder?*
- *Treatment resistant bipolar disorder and diabetes*
- *Perfect depression care*

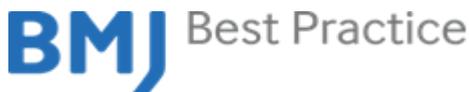
Evidence-Based Clinical Summaries



[VisualDx](#) - a point of care decision support tool for practitioners across the specialties, including primary care. VisualDx presents peer-reviewed photographs or diagrams of medical conditions such as skin conditions to assist in diagnosis.



[Clinical Key](#) - a decision-making resource that draws relevant answers from a wide range of current, comprehensive content across 30+ medical specialties.



[Best Practice](#) - combines the latest research evidence, guidelines and expert opinion. Regularly updated, it draws on the latest evidence-based research to offer step-by-step guidance on diagnosis, prognosis, treatment and prevention. App available.

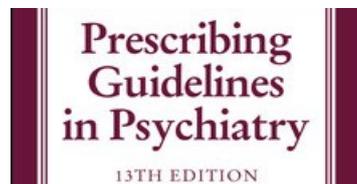
Your instant second opinion

Exam Preparation

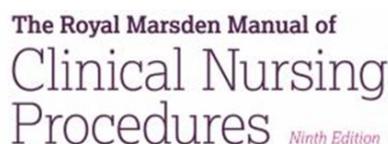


We provide access to online exam resources from The Birmingham Course. Full details are on the [Study for Exams](#) page on our website.

Prescribing Guidelines and Clinical Procedures



[The Maudsley prescribing guidelines in psychiatry](#) - the fully updated 13th edition of an essential reference for anyone responsible for prescribing drugs for patients with mental health disorders.



[The Royal Marsden Manual](#) - provides up-to-date, detailed, evidence-based guidelines for over 200 procedures related to every aspect of a person's care.

Information Skills Teaching

We offer a wide range of skills sessions to support evidence-based healthcare.

For more information, see the [Improve your Searching and Evaluating Skills](#) page on our website.

Evidence updates/Current Awareness

Save yourself time and ensure you are up-to-date on the latest developments with our regular evidence updates. Our notifications are personalised and targeted to you.

Focusing on the evidence that will change practice, and the latest publications on quality, innovation, productivity and prevention, our aim is to bring you what you need to know and no more.

Email us at snt.library-services@nhs.net, listing the topics or journal titles you are interested in.

See information on all our resources at www.sussexpartnership.nhs.uk/library