**Campaigns**

Get real this Christmas, says Samaritans Samaritans are encouraging everyone to get back to basics. By being honest about their #RealChristmas campaign they aim to encourage a healthier attitude towards mental health both at Christmas and all year round.

Mental Health Foundation “I’m fine” Campaign Study of 2,000 adults commissioned by the Mental Health Foundation has found that the average adult will say “I'm fine” 14 times a week, though just 19% really mean it. Almost a third of those surveyed said they often lie about how they are feeling to other people, while 1 in 10 went as far to say they always lie about their emotional state.

**Research**

Origins of happiness: Evidence and policy implications Landmark research says tackling mental health issues more effective than reducing poverty for increasing happiness rates.

Do We Still Have a Digital Divide in Mental Health? A Five-Year Survey Follow-up This research finds that digital exclusion is lower than five years ago, but some remain excluded. Facilitating inclusion among this population means helping them develop skills and confidence in using technology, and providing them with access. Providing mobile phones without basic information technology training may be counterproductive because excluded people may be excluded from mobile technology too.

Social networking sites and mental health: friend or foe? Una Foye and Josefien Breedvelt from the Mental Health Foundation publish their debut elf blog on a recent systematic narrative review that aimed to identify and summarise research examining depression and anxiety in the context of social networking websites.

Meta-analysis

One size does not fit all: divergent outcomes from CBT and antidepressants for depression Suzanne Dash explores a recent meta-analysis of CBT and antidepressants for depression, which looked at negative and positive responses to treatment and what predicted different outcomes.

**Reports**

Mental health of children and young people This report aims to describe the importance of mental health in children and young people and the case for investing. It also seeks to analyse current levels of mental health and summarise the evidence on what works in order to help transform local services.

Why sleep matters - the economic costs of insufficient sleep : cross-country comparative analysis The Centre for Disease Control and Prevention (CDC) in the United States has declared insufficient sleep a ‘public health problem’.