

Studies

[What influences young people's food choices?](#)

In this study, researchers interviewed 45 young people (aged 11 – 18 years) about how their environment and social life influence their food choices.

Guidance

[Updated NICE guidance recommends more targeting of antibiotics to those at the highest risk of suspected sepsis](#)

NICE has today (Wednesday, 31 January) recommended better targeting of antibiotics for suspected sepsis to ensure the right people receive treatment as soon as possible but the medicines are not overused, which can lead to antibiotic resistance.

[Public health commissioning in the NHS: 2023 to 2024](#)

Information about NHS England's objectives and funding arrangements as it commissions public health services.

[Infection prevention and control in adult social care: acute respiratory infection](#)

Infection prevention and control measures to reduce the spread of viral acute respiratory infections (ARIs), including COVID-19, in adult social care settings.

Webinars

[Primary care immunisation webinar series](#)

The primary care immunisation update webinar series is a training resource developed and provided by UK Health Security Agency (UKHSA) London Health Protection Team and funded by NHS England and NHS Improvement (NHSEI) London.

Blogs

["We cannot allow childhood mental illness to become the new norm" – RCPsych](#)

Analysis from the Royal College of Psychiatrists reveals a significant rise in the number of children and young people under 18 needing emergency care from mental health services (CAMHS).

[RCPsych responds to report on health of children under-five](#)

The Academy of Medical Sciences has released a new report which warns the health of children under the age of five is declining.

[Helping children to find their voice](#)

Chair of the Division of Educational and Child Psychology, Dr Gavin Morgan, shares some top tips for schools during Children's Mental Health Week.

[Youth drinking is declining – myths about the trend, busted](#)

Alcohol consumption among younger generations has been declining for years. And with many pubs and cocktail bars now catering to the sober and "sober curious", it's easier than ever to opt out.

[Stigma kills people with alcohol addiction](#)

One of my patients, Emma (not her real name), recently told me that she didn't seek help for her alcohol problem because she was ashamed. She said that she didn't want to waste anyone's time on a self-inflicted problem. She lived with it for years, hiding bottles of alcohol so her partner wouldn't find out. Only when she turned yellow and vomited blood did she call an ambulance.



[Housing support services in hospitals may speed up discharge](#)

Delayed discharge from hospital increases hospitals' costs and is a challenge for healthcare services globally. A common reason for delays among people who are medically well is a lack of appropriate housing or social care. People may be homeless, have serious mental health issues, or need accessible housing due to mobility issues. Previous studies show that 30 – 70% of homeless people are discharged from hospital on to the street.

[Pursuing racial justice in mental health](#)

How the voluntary sector can help meet the needs of racialised communities - learnings from Bradford and Craven.

[Bridging the gap: The untapped potential of Mental Health Crisis Breathing Space](#)

When it feels like you're drowning in debt, respite from contact from your creditors can be a lifeline – providing time and space to seek help and think clearly about how to tackle your debts. Breathing Space, which provides people with legal protections from creditor action for up to 60 days, was introduced in 2021.

[Using Stockport's early years data to assess how likely a child is to meet age-related expectations](#)

We analysed Stockport's early years data to find out if different characteristics affect how likely it is that you meet age-related expectations in a communication and language assessment.

News

[Mental health patients are being failed as they leave care, warns Ombudsman](#)

The safety of mental health patients is being put at risk when they leave inpatient services, leading to a continuous revolving door of care and discharge, England's Health Ombudsman has warned.

[COVID-19 spring 2024 and future vaccination programmes: JCVI advice, 4 December 2023](#)

Statement setting out advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the COVID-19 vaccination programme for spring 2024 and beyond.

[JCVI advises on eligible groups for 2024 spring COVID-19 vaccine](#)

The Joint Committee on Vaccination and Immunisation (JCVI) has announced its advice to Government for the COVID-19 vaccine programme in spring this year.

[Over 10,000 NHS pharmacies begin treating people for common conditions](#)

Patients in England will be able to get treatment for seven common conditions at their high street pharmacy from today without needing to see a GP, as part of a major transformation in the way the NHS delivers care.

[Pharmacy First a welcome step to easing pressure on primary care](#)

Ruth Rankine responds to NHS England's announcement that pharmacies will begin treating people for seven common conditions.

[Mind responds to latest data on police Mental Health Act detentions](#)

New data published today by the Home Office has revealed a drop in the number of people publicly sectioned by the police for mental health assessment, between April 2022 and March 2023.

[Young people's mental health referrals reach record half a million as cost-of-living bites households](#)

Analysis by mental health charity Mind of NHS statistics released today suggest more young people than ever before are seeking help with their mental health. As the UK marks Children's Mental Health Week, latest data for referrals to Children and Adolescent Mental Health Services (CAMHS) showed they hit 507,738 by the end of December 2023 - an all-time high.



[UK hiding behind a 'brave face' to avoid speaking about mental health](#)

New data released on Time to Talk Day (1 February) reveals the nation is putting a 'brave face' on to avoid talking about mental health during difficult times. The hesitance to speak about how we really feel is resulting in many feeling isolated, withdrawn and with worsening mental health.

[Revealed: Sickness epidemic creating new wave of economically inactive in 'bad health blackspots'](#)

A stark divide in health and wealth throughout the UK is leaving many 'bad health blackspots' sicker and poorer than their neighbours, according to the third interim report for the cross-party IPPR Commission on Health and Prosperity.

[Pioneering link between census data and electronic mental health records](#)

King's College London researchers are the first research team in England, to link electronic mental healthcare records to census data, at an individual level.