Research

[Gambling treatment: assessing the current system in England](#)

A report assessing the current gambling treatment system for adults in England, looking at its strengths and opportunities for improvement.

Reports

[Targeting the health of the nation](#)

A new policy recommendation for health targets for major retailers that could reduce obesity in Britain by approximately 23% and help four million people achieve a healthier weight.

[Mental health in later life](#)

Commissioned by Age UK, this briefing summarises evidence about the mental health of older people in England. It finds that ageist attitudes underpin a system that discriminates against older people, while fatalistic assumptions about what people can expect for their mental health in later life undermine the provision of effective support to promote wellbeing, prevent mental ill health and treat mental health difficulties.

[England Rare Diseases Action Plan 2024](#)

The third action plan setting out how the Department of Health and Social Care and delivery partners will implement the UK Rare Diseases Framework in England.

Guidance

[Digital technologies for delivering multidisciplinary weight-management services: early value assessment: HTE14 (Updated 06 March 2024)](#)

March 2024: this guidance has been updated to include recommendations for digital weight-management technologies when they are not used to prescribe and monitor weight-management medicine.

[Guidance on managing medical equipment within virtual wards (including Hospital at Home)](#)

This guidance describes what should be considered when designing, setting up and running services that involve the diagnostic and therapeutic use of medical equipment and devices with patients at home or in other remote settings.

Statistics

[Children living with parents in emotional distress: March 2022 update](#)

The proportion of children living with at least one parent reporting symptoms of emotional distress, by family type and work status.

[2024 child health profiles](#)

Profiles providing an overview of child health and wellbeing for each local authority in England.

E-learning

[Unlocking health inequalities: explore our free learning module](#)

This professional continuous professional development (CPD) module is aimed at UK-based and international psychiatrists, and at the wider public mental health workforce (including clinicians, allied health professionals, community-based organisations and policy makers). The module takes about 150 minutes to complete, and contributes 2.5 credits through its four core sections.

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Podcasts

[International Women's Day 2024](#)
The conversation looks over the specific determinants and risk factors that impact disproportionately on women's mental health, and much more.

[Black maternal health care and community groups: building trust and bridging gaps](#)
How are community groups bridging some of the gaps between Black mothers and health and care services? What can the health and care system learn in response? Siva Anandaciva speaks to Amanda Smith, founder and Chief Executive of Maternity Engagement Action CIC, Benash Nazmeen, Professor of Midwifery and co-founder and co-director of the Association of South Asian Midwives CIC, and Chrissy Brown, founder and Chief Executive of the Motivational Mums Club CIC, to find out.

Blogs

[Stronger collaborative working needed between primary and secondary care](#)
The NHS Confederation is launching a new programme to support primary and secondary care to come together to address the challenges they face.

[It's time to restore continuity of care in our mental health services](#)
We have long known that a more positive therapeutic relationship predicts better patient outcomes, in both the short and long term. This is true for a variety of mental health conditions, across both inpatient and outpatient settings. Continuity of care strengthens the therapeutic relationship because it allows our patients to build trust with us over time.

[Nature matters in mental health](#)
Nature-based practice is an umbrella term that can include making small adjustments to bring nature into existing practice, as well as structured nature-based interventions such as allotment groups, mindful walking or other therapeutic activities within a natural setting (Sometimes offered through 'Green Social Prescribing').

[International Women's Day: How inclusion can help women break out of the money and mental health cycle](#)
Today is International Women's Day – and the theme is 'Inspire Inclusion'. It's a day to celebrate the contributions, reflect on the experiences and, as this year's theme suggests, inspire the inclusion of women across the globe, from all walks of life. With this in mind, International Women's Day provides an apt opportunity to reflect on our research paper, Through the lens: Gender, money and mental health, which explores the interaction between money, mental health and gender. Our research found that women with mental health problems are most likely to feel burdened by their financial commitments and less likely to receive support.

[Blog: How can we help older people experiencing memory problems and homelessness?](#)
The population of people experiencing homelessness is getting older. People who are homeless often have many additional challenges such as physical and mental health problems, drug and alcohol issues and a history of head injury. This means that they are more likely to have memory loss and problems with their thinking and functioning than those who have not experienced homelessness, especially as they age.

News

[Marketing campaign launches to drive up childhood vaccinations](#)
UKHSA Chief Executive Professor Dame Jenny Harries visits Manchester and Liverpool to launch campaign as measles cases continue to rise.

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Manifesto for a mentally healthier nation

Mental health in the UK is getting worse. Sickness absence due to mental health problems is soaring, rates of poor mental health are increasing at an alarming rate, and already overstretched services are struggling to meet rising demands.

Healthy Early Years Diets: Achieving the Best Start in Life

The Obesity Health Alliance has a new joint position statement (together with First Steps Nutrition Trust), 'Healthy Early Years Diets: Achieving the Best Start in Life' which outlines the next steps the government can take, to create healthier food environments and help ensure the UK's youngest children and babies grow up healthily. This will be key to delivering not only key government health priorities, but also levelling up and ensuring every child can reach their full potential, regardless of where they were born.

Get Your Blood Pressure Checked

Millions at risk from 'silent killer' as NHS campaign warns there are often 'no clues' when it comes to high blood pressure.

Extra funding for early support hubs

Thousands of children and young people will benefit from expanded mental health hubs as the government will offer more funding for local communities.