

Reports

[Changes in food and drink purchasing behaviour and the impact on diet and nutrition: 2021 to 2023](#)

Report highlighting how food and drink purchasing changed between 2021 and 2023 and the impact this had on diet and nutrition.

[Adult ADHD assessments and diagnosis: data and service provision](#)

Attention deficit hyperactivity disorder (ADHD) is suspected to affect 3–4% of adults in the UK, although there is no definitive national data on prevalence.

[Tackling workforce inequalities in health and adult social care](#)

This research looks at unfair treatment of workers in health and adult social care. We wanted to understand how discrimination—both in the system and between people—affects staff, and the best way to stop this unfairness by using regulation.

Guidance

[Commissioner guidance for adult community mental health rehabilitation services](#)

This guidance sets out evidence, principles, and good practice service models for community mental health rehabilitation services to support good outcomes for people, families, and carers.

[Play well – resources for health play services for England](#)

This toolkit, produced by NHS England and Starlight, will help commissioners, service managers, health play practitioners and clinical leaders to design, plan and deliver high-quality health play services for babies, children and young people. It includes guidelines, recommended standards and a quality checklist.

[Childhood schedule changes from 1 July 2025: information for healthcare practitioners](#)

This guidance provides information for healthcare practitioners about the changes to the routine childhood schedule from 1 July 2025. It includes information on the changes, eligibility, scheduling and vaccine administration.

[What is prevention in health and why is it the right approach?](#)

Good health isn't just about treating illness – it's about preventing it in the first place.

Cochrane Reviews

[Interventions to prevent obesity in children aged 2 to 4 years old](#)

Early childhood presents an important opportunity for obesity prevention, an international public health priority. Interventions aiming to prevent obesity typically promote healthy diets or activity levels (physical activity, sedentary behaviour), or both. There is uncertainty over which approaches are more effective. This is one of a suite of three reviews addressing interventions for preventing obesity in children, each focusing on different age groups up to 18 years.

Statistics

[National Diet and Nutrition Survey 2019 to 2023](#)

National Diet and Nutrition Survey (NDNS) results on the diet, nutrient intake and nutritional status of adults and children in the UK for 2019 to 2023.

Podcasts

[From Euphoria to Emergency: The Chemsex Crisis, with Dr Bradley Hillier](#)

In this special Pride episode of the RCPsych Podcast, we sit down with Dr Bradley Hillier, Consultant Psychiatrist and Medical Director of HumanMind Health. With over two decades of experience in trauma, addiction, and LGBTQ+ mental health, Dr Hillier brings both clinical expertise and personal insight to a conversation that is as urgent as it is overdue.

Blogs

[Marching through time: Intersections of queer activism and mental wellbeing](#)

I remember my first Pride March. It was the last weekend in June, 1990. I was 20 and I had only come out a few months before. We were all there, my troupe of queer university friends, and me. We met at Mile End tube station at 11AM and I was bouncing around on the balls of my feet and shrieking. Happy Pride! It felt like Christmas. We hadn't intentionally coordinated our outfits, but we looked pretty much the same. Regardless of gender, we wore Doc Martens and rolled up our jeans. And we pinned enamel triangles – pink and black – to our rucksacks: a reference to the Nazi persecution of homosexuals and a popular choice of badge at the time. I was wearing my 'love is not a crime' t-shirt and I'd gelled my hair accordingly.

[Building emotionally healthy schools](#)

Our President Dr Roman Raczka reflects on the 'Building emotionally healthy schools: Engaging the therapy professions' conference.

[Don't be scared of the 'H' word](#)

Melissa Mungovan, from children's hospice service Demelza, challenges common assumptions about palliative care and hospices.

[From carer to colleague: how being a carer has helped inform my work](#)

I poisoned my mother. It was actually quite easy. I gave her five doses of paracetamol in 24 hours, instead of four. That's one more dose of paracetamol than is advised. Staff at NHS 111 told us to go to A&E to check on her accidental poisoning.

[Changing culture, one voice at a time: MPs speaking out on mental health](#)

13 years ago, just prior to the 2012 London Olympics, an historic House of Commons debate took place. It didn't bring about a major legislative or policy change. But it was part of a cultural change that we're still seeing today.

[What does the Spending Review 2025 mean for mental health?](#)

This week the Government's three-year Spending Review set out ministers' plans for public spending in England for the majority of this Parliament.

[A digital-first approach to patient communications](#)

Joe and Pete explain the greater emphasis being placed on digital patient messaging across the NHS and the potential to provide a more seamless experience for patients, reduce the number of missed appointments and save the NHS money.

News

[Researchers examine ways to improve social functioning to understand and treat psychosis](#)

Systematic review found several factors were associated with high or low social functioning in psychosis, highlighting the importance of clinical interventions.



[IoPPN Researchers share details on second mental health UK Biobank survey](#)

With over 160,000 responses, the UK Biobank mental wellbeing survey allows researchers to better characterise common mental health disorders and social patterns in this important research cohort.

[The Reading Agency Launches Reading Well for families Booklist, Addressing Critical Rise in Perinatal Health Needs](#)

Monthly referrals for perinatal mental health services have soared by 443% in England over the last eight years, with maternal mental health problems costing the UK £8.1 billion annually.

['I don't even recognise myself anymore': the reality of eating disorders in sport](#)

The UK is facing what charities are calling an eating disorder epidemic, with an estimated 1.25 million people affected. These conditions have the highest mortality rate of any mental health illness, making early intervention and education urgent.

[Social media's push for the perfect muscular body is fuelling a new form of disordered eating — and young men are most at risk](#)

From celebrities and influencers to everyday people, social media is full of content that showcases perfectly toned, muscular bodies – and how to achieve them. Having a muscular physique is no longer confined to elite athletes and body builders – it has become a widely popular aspiration.

["Loneliness is part of the human experience - we need to be better at talking about it"](#)

We spoke to Dr. Mhairi Bowe for Loneliness Awareness Week (9 - 15 June) about stigma surrounding loneliness, creating connections and loneliness myth-busting.

[Our vision for a new model of NHS care](#)

The Health and Social Care Secretary spoke at NHS ConfedExpo 2025 in Manchester.

[Cuts to benefits undermine positive steps to prevent poor mental health in Spending Review](#)

Today's spending commitments by the Chancellor represent good first steps, but the UK government's planned benefits cuts will put vulnerable disabled people's mental health at risk.

[NHS funding boost welcome but mental health must receive fair share, says RCPsych President](#)

Today the Chancellor, Rachel Reeves delivered her spending review. Responding to the announcement, Dr Lade Smith CBE, President of the Royal College of Psychiatrists.

["Accurate and reliable data collection is needed if we are to fully understand the scale of ADHD delays" says RCPsych ADHD Champion](#)

The Royal College of Psychiatrists has welcomed the release of a new King's Fund report about attention deficit hyperactivity disorder (ADHD).

["Significant gaps" in ADHD research post 2020 hindering development of effective policy](#)

A lack of reliable data tracking the prevalence and incidence of ADHD post-2020 has resulted in significant gaps in an evidence base to develop realistic health policy, according to new research from the Institute of Psychiatry, Psychology & Neuroscience.

[Driving Digital Inclusion for Children and Families](#)

AbilityNet is delighted to be working as part of a national programme to boost digital skills, Driving Digital Inclusion, with 12 UK based charities within the Digital Services Consortium (DSC), including KIDS, Sense, Rainbow Trust and National Deaf Children's Society.

[Urgent and Emergency Care Plan welcome but must have a clinically-led approach](#)

NHS England and the Department of Health and Social Care have published the new Urgent and Emergency Care Plan 2025/26. Responding to the plan, Dr Lade Smith CBE, President of the Royal College of Psychiatrists.

[Fostering the digital health tech revolution](#)

Dr Sarah Byron discusses how NICE is transforming to ensure more digital health technologies are adopted by the NHS.

[Patients to receive reminders and test results via the NHS App](#)

Millions more patients will receive appointments, screening invitations and other important information via the NHS App, as part of £50 million upgrade.

[Talking about homelessness: new report highlights how everyday language perpetuates stigma](#)

The report, published today by the Centre for Homelessness Impact, analyses how language and communication reinforce stigma associated with homelessness and offers evidence-based ways to write about or discuss homelessness in a non-stigmatising way.