

Reports

[Follow-up care for people discharged from mental health inpatient care](#)

We look at the seven-day follow-up for patients discharged from psychiatric inpatient care.

[Lived experience: informing inclusive health protection](#)

This report explores how insights from people with lived experience can inform inclusive approaches to health protection.

Calls for Evidence

[Cannabis-based products for medicinal use](#)

Call for evidence to support ACMD's review of changes to legislation on the use of cannabis-based products for medicinal purposes (CBPMs).

Blogs

[Demanding better: The case for investment in the mental health of domestic abuse survivors](#)

Domestic abuse is a national public health emergency of epidemic proportions – it leaves survivors struggling with long-lasting and devastating mental health issues and is a leading driver of suicide in women.

[Serious mental illness often brings rapid weight gain – but support is missing](#)

Being diagnosed with a serious mental illness like schizophrenia or bipolar disorder often brings an overlooked challenge: rapid and sustained weight gain. This side-effect can raise the risk of diabetes, heart disease and early death – widening an already stark life expectancy gap.

[Why I'm championing enhanced therapeutic observations and care \(ETOC\)](#)

After the pandemic, I observed an increase in the use of one-to-one care across my trust. Under the guidance of my deputy chief nurse, we began exploring this trend in more depth. Our work focused on identifying ways to better support patients with additional needs, particularly those with mental health challenges, including the potential use of healthcare workers with specialised skills in this area.

[‘Fat but fit’: what the latest study reveals](#)

Being slightly overweight might not shorten your life, but being very thin might. A large Danish study tracking more than 85,000 adults has found that people with a BMI below 18.5 were nearly three times more likely to die early than those in the middle to upper end of the so-called “healthy” range.

[Does the government's 10 Year Health Plan measure up to the current state of population health?](#)

Labour's health mission is to improve health and health equity in England by improving healthy life expectancy overall and halving the gap between regions. It aims to do this by building ‘an NHS fit for the future’. But are the ambitions in the 10 Year Health Plan commensurate with the current state of population health?

News

[Mental Health Act detention data continues to show worrying disparities based on ethnicity](#)

There is also a clear connection between deprivation and acuity of mental illness visible in today's figures.

[Mind responds to annual mental health act statistics](#)

Shameful racial inequities show human cost of inaction on mental health.



[New patient resources on schizoaffective disorder, schizophrenia and psychosis](#)

The College has published updates of our schizophrenia and schizoaffective disorder patient information resources, as well as a brand new resource on psychosis.

[MBRACCE-UK report highlights need to improve care for new mothers, says RCPsych](#)

Today, MBRACCE-UK has published its Saving Lives, Improving Mothers' Care 2025 report.

[Severe pregnancy sickness raises risk of mental health conditions by over 50%](#)

The largest study on pregnant women with excessive nausea and vomiting (hyperemesis gravidarum) has identified increased risks of neuropsychiatric and mental health outcomes.

[Experts come together to discuss social media use in children and young people](#)

Leading experts discussed the science, policy and practical approaches to supporting children's mental health in a digital age.

[Easier GP access continues to be public's top priority for the NHS](#)

New polling from the Health Foundation and Ipsos has highlighted that the public's top priority for the NHS is making it easier to get GP appointments.

[Millions of people to benefit from healthcare on their doorstep](#)

Government to roll out first neighbourhood health services in 43 places backed by £10 million.

[Supporting new community-led approaches to health and wellbeing](#)

Teams from six sites will explore joined-up, community-led approaches to improve population health and reduce health inequalities.

[Community pharmacy explained](#)

Community pharmacy is a critical part of primary care in England, but its role and relationship to the wider NHS is often poorly understood.

[Support for adults facing staggering waits for gender services](#)

Adults waiting for gender services will receive clinical and emotional support from a new wellbeing pilot.

[Assisted dying legislation deemed 'inadequate' as drafted](#)

The proposed legislation that would give terminally ill adults in England and Wales the right to be provided with assistance to end their own lives is not fit for purpose as currently drafted, experts have warned.

[‘Stress tests’ and pre winter check-ins as NHS ramps up winter prep](#)

The NHS is running ‘stress test’ exercises and providing targeted care for vulnerable patients, as it strengthens its plans to winter-proof the health service.

[Landmark NHS league tables launched to drive up standards](#)

Patients will get better care and value from record investment in the NHS thanks to a pioneering new system of league tables being rolled out across England.

[Revised estimates on the impact of different obesity reduction policies](#)

Nesta has used our latest analysis on the economic impact of obesity to calculate new estimates for the potential impact of various policy interventions, using data from our blueprint to halve obesity, which evaluates the impact of different obesity reduction policies.

[Junk food advertising ban takes positive step forward but ambitious measures needed to tackle childhood obesity](#)

Responding to Minister for Health Ashley Dalton's written statement on the forthcoming advertising ban on junk food, Samantha Field, Public Health Consultant in the Healthy Lives Team at the Health Foundation.

[OHA Comment – Will the new brand exemption undermine the advertising restrictions?](#)

The Government has pledged to raise the healthiest generation of children ever, including a manifesto commitment to ban junk food advertising to children. New regulations have now been laid to exempt "brand" advertising from the scope of these restrictions. But how is a "brand advert" defined – and what does this mean in practice?

[Hundreds of thousands of children benefit from major dental health drive](#)

Hundreds of thousands of 3 to 5-year-olds in deprived areas of England have received over 2 million toothbrushes and toothpastes in major dental health drive.

[National vaccination campaign to protect newborns this winter](#)

The Department of Health and Social care has launched a new national vaccination campaign - 'Stay Strong. Get Vaccinated' - to protect newborn babies.

[Smart glasses and AI filter apps among new tech to transform the mental health of millions](#)

Backing for businesses across the UK will help to take low-cost innovations that support people's mental health to the next level.

[More research needed into psychedelics as potential treatments for mental disorders, calls RCPsych](#)

The Royal College of Psychiatrists (RCPsych) has published a new report on the safety and efficacy of psychedelics and related substances (PARS) as medical treatments for mental illness. Alongside this, RCPsych has also issued new guidance to support clinical trials and research into the use of psychedelics in combination with psychotherapy.