

Reports

[The Big Mental Health Report 2025](#)

This is the second year we've shared our annual look at mental health in England and Wales. The report shows us how people are doing, how services are working, and what still needs to change. With support from Centre for Mental Health and our research partners, we've pulled together the clearest picture yet of mental health today.

Guidance

[Promoting work as a health outcome: guidance for AHP leaders](#)

Guidance developed with allied health professional (AHP) leaders to support the promotion of work as a health outcome.

Resources

[How does parenting impact children's development?](#)

Decades of research show that early childhood development is critical for children's future success. When children start school behind their peers, it often becomes harder for them to catch up - with long-term consequences for their education, health, and life chances.

[Improving health literacy in the NHS](#)

This guide explores what is meant by health literacy, the benefits of applying health literacy interventions, recommendations for trust board members, and case studies from five trusts that have effectively embedded interventions.

Studies

[Impacts of Using Peer Online Forums in Mental Health: Realist Evaluation Using Mixed Methods](#)

Peer online forums offer people experiencing mental health challenges easily accessible and anonymous support. However, little is known about the impacts of using forums, how these impacts are generated, or who might benefit from which type of forum.

Blogs

[Turning around the public's declining mental health](#)

The nation's mental health has been deteriorating over the last decade. While we've seen evidence of this worrying trend for some time, data published this year has set out starkly the extent of that decline. The big question that raises is, why? And what can be done to turn it around?

[Rise in youth mortality fuelled by mental illness, drugs, violence and other preventable causes](#)

Global mortality continues to fall. Life expectancy has improved to unprecedented levels and deaths in young children have plummeted. Yet for adolescents and young adults, especially those aged 15 to 24, little progress has been made according to data from the latest Global Burden of Disease study. In parts of North America and eastern Europe, mortality in those aged 15-24 has actually risen in the past decade.

[How will waiting times in community health services affect the shift towards neighbourhood health?](#)

Community services are under growing strain, with more than 1.1 million people waiting for care, and the steepest rise among children and young people. Focus to date has largely been on efforts to improve waits for hospital care, but as neighbourhood health services are rolled out, addressing pressures on community services will be essential if the 10 Year Plan 'hospital to community' shift is to become a reality.

[Can friendship keep you young? Scientists say your social life might slow ageing](#)

I recently heard Professor Luigi Ferrucci, an expert on ageing, speak at my local university's medical school. One line really stuck with me: "The next great step in ageing science will be understanding how lifestyle factors slow down ageing."

[Later pub hours won't fix the economy, but could worsen a growing public health challenge](#)

Alcohol-specific deaths are at record highs, inequalities are widening and alcohol-related harm costs billions. So why is England considering making drinking easier?

News

[Improved safeguarding and protections for vulnerable people](#)

Government to launch a consultation on Liberty Protection Safeguards to improve safeguarding for vulnerable people.

[Lengthy waits for mental health treatment leading to suicide attempts and job losses, new report reveals](#)

Rethink Mental Illness' latest survey of people experiencing mental illness reveals the devastating impact of lengthy waits for treatment, with a higher proportion saying they had attempted suicide while waiting for support in the last 12 months.

[Mental Health Bill returns to parliament](#)

The Mental Health Bill progresses to its Third Reading in the House of Commons today. We welcome the Bill's introduction as a vital step towards reforming the Mental Health Act 1983 to strengthen people's rights, reduce inequalities, and improve mental health outcomes for all, but believe there are several areas that require further attention to ensure it delivers a fairer, more rights-based mental health system.

[Parents supported to navigate early years misinformation online](#)

Government kicks off a new national campaign to help parents cut through the bombardment of sometimes unreliable advice and false expectations online.

[Parents supported to navigate early years misinformation online in new government campaign](#)

UK Government announces a new national campaign to help parents cut through the bombardment of sometimes unreliable advice and false expectations online.

[Alarming rise in mental health stigma says Mind, as research shows public attitudes to mental health worsening](#)

Public attitudes towards mental health and people with mental health problems are getting worse, with more than one in ten unwilling to live next to someone who has been mentally unwell – even if they have since recovered.

[Public attitudes to mental health are going backwards, warns Mind](#)

Public attitudes towards mental health and people with mental health problems are getting worse, according to new research.

[CQC launches Better regulation, better care consultation](#)

Today we have launched a public consultation on our proposals to improve how we assess health and care services, make judgements, and award ratings.

[Children's life chances at risk as 1 in 4 waiting over a year for NHS care close to home](#)

The size of the community care waiting list for children has increased by 58% since data began in 2022, compared with a 23% increase for adults, according to a new briefing on growing waits for community care by the Nuffield Trust.

[Patients in poorer areas to get better access to GPs](#)

Review of GP funding formula expected to deliver fairer distribution of funding and address health inequalities.

[Young people given stark warning on deadly risks of taking drugs](#)

The government has launched a new campaign to alert young people to the dangers of ketamine, counterfeit medicines and adulterated THC vapes.

[Crackdown on rogue traders selling vapes to children](#)

The government has published a call for evidence to seek expert views on introducing new rules for retailers selling tobacco, vapes and nicotine products.

[Silver bullet or sticking plaster? Weight-loss drugs and the UK's obesity crisis](#)

Weight-loss drugs like Mounjaro and Ozempic have surged in popularity over recent years. Today 1.5 million people in the UK are estimated to be accessing GLP-1 treatment privately, while NHS England has seen prescriptions for the jabs grow by 900% since 2020.

[Proposed changes to the availability of puberty blockers for under 18s](#)

On behalf of the Secretary of State for Health and Social Care and the Minister of Health for Northern Ireland, the department consulted with representative groups likely to be affected by the proposed order, as well as the independent Commission on Human Medicines for their expert view, in line with legislative requirements.

[Message from RCPsych President following the terrorist attack at Heaton Park Synagogue in Greater Manchester](#)

We are deeply saddened by the terrorist attack that occurred at Heaton Park Synagogue in Greater Manchester, simply because they were Jewish. Our thoughts are with everyone - those mourning loved ones; those struggling and those who will have to deal with the consequences of these actions.

[Huge increase in flu vaccination as cases rise](#)

The NHS has vaccinated nearly a million more people against flu so far this autumn compared to last year – providing vital protection ahead of winter as cases start to rise.

[Government to tackle antisemitism and other racism in the NHS](#)

The government takes urgent action to tackle antisemitism and other forms of racism in the NHS.

[Supporting mental health in times of catastrophe: RCPsych's global response](#)

The Royal College of Psychiatrists is proud to have a truly international membership, with 20% of our members based outside the UK.

[Prevent exposure to relentless bad news harming our mental health](#)

Rolling news updates, rapidly updated social media feeds, and insights into global events are readily available at our fingertips 24/7, giving us the ability to be more informed than any generation before us. Yet this constant stream of information comes at a cost.

[£50 million boost for groundbreaking mental health research](#)

People with mental health issues to benefit from groundbreaking research, backed by £50 million in government funding.

[£80 million support for children's hospices over 3 years](#)

Settlement provides £26 million annually offering crucial financial certainty for services supporting seriously ill children and families.

[Our World Mental Health Day 2025 coverage](#)

For World Mental Health Day 2025 at Together we continued to focus on our theme of physical wellbeing and looking at how it can impact and interplay with mental health. We explored this theme through both the people who our services, and our staff and volunteers, concentrating on how people can be supported with their physical wellbeing in many different and individual ways.

[Group singing reduces symptoms of postnatal depression for up to six months](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London and the social enterprise Breathe Arts Health Research has shown that a specially designed group singing intervention, Breathe Melodies for Mums, is an effective and acceptable way to treat mothers with postnatal depression.