

Reports

[CQC warns lack of investment in community services threatens shift towards care outside hospital – and risks ‘erosion’ of care quality](#)

The health and social care system remains fragmented and under severe strain as it prepares for a major shift from hospital to community care, the Care Quality Commission (CQC) has warned in its annual State of Care report.

[Medium Term Planning Framework – delivering change together 2026/27 to 2028/29](#)

The Medium Term Planning Framework is the most ambitious plan the NHS has published in a generation. Over the next 3 years it will return the NHS to much better health – with waiting times dramatically reduced, access to local care restored to the level patients and communities expect, and unnecessary bureaucracy slashed so that savings are poured back into frontline services and staff.

[Medium Term Planning Framework: what you need to know](#)

Summary and analysis of the Medium Term Planning Framework, published on 24 October 2025.

[Good practice in relation to access, experience and outcomes for Black men in mental health services](#)

Black men in England often don't get the mental health care they need. Sometimes, the system even makes things worse for them. This report is about improving that issue and making mental health services better for Black men. It asks the important question: What does good mental health care look like for Black men?

[Bridging the gap](#)

Centre for Mental Health's Bridging the gap evaluates Barnardo's Inner Resilience and Development (BIRD) service. BIRD is a holistic, child focussed intervention that offers timely, tailored care and support to children and young people with mental health problems. It primarily supports those who arrive at emergency departments and do not meet the thresholds to be able to access crisis support from Children and Adolescent Mental Health Services (CAMHS).

[District nursing: Understanding the decline and mapping the future](#)

District nurses, who provide care to people in homes all over the country and operate all hours of the day, are fundamental to the government's plans to shift more care from hospital to the community. But this new research report shows those plans are unlikely to be achievable unless action is taken to address the state of the district nursing profession. As demand for their care rises, and is set to rise further, an estimated one in four district nurses are leaving the profession and there has been a 43% decline in overall numbers since 2009.

[Killer Tactics 2: Business as Usual](#)

This report from Action on Smoking and Health (ASH), the Obesity Health Alliance (OHA) and the Alcohol Health Alliance (AHA), a follow-up to 2024's Killer Tactics report, tells the story of how health harming industries have used their tactics to undermine important public health policies since the Labour Government have been in power.

Resources

[Healthy Choices Quiz](#)

Are you ready to improve your overall health and wellbeing, but not sure where to start? Our free quiz gives you guidance, based on your answers, to help you live a healthier life.

[International comparisons of preventable risk factors](#)

We evaluate how rates of smoking, obesity and alcohol consumption compare internationally.

[Staying Connected During Menopause](#)

Menopause is a time of change. It can affect your body, mind, and social life. Many women and other individuals experiencing menopause feel alone. They may not know how to talk about the changes in their bodies and mood.

Podcasts

[What every psychiatrist should know about smoking cessation \(CPD eLearning\)](#)

In this podcast episode, join guest presenter Dr Claire Jones in exploring why smoking cessation is considered the single most impactful intervention for improving health outcomes, and discover how small changes in clinical practice can lead to life-changing outcomes.

Blogs

[Hope, progress, and accountability: Tackling racial inequalities in mental health together](#)

This October, as we mark Black History Month and 77 years of the NHS, we take time to honour the contributions made by black and racially diverse communities to our mental health services, and to face, with honesty, the inequalities that persist within them.

[Progress to tackle racism in psychiatry, but there's more to be done](#)

Discrimination and racism are embedded in society, and as a product of society, medicine is no exception. Despite it being 2025, the data paints a picture of the stark inequity that still exists in mental illness rates and mental health outcomes for people from Black backgrounds, which tells us we still have a long way to go.

[Antidepressants: physical side-effects vary depending on the drug type – new research](#)

Millions of people worldwide take antidepressants. While these drugs can be very effective in treating mental health conditions such as depression and anxiety, they can also cause a range of physical side-effects – including weight gain, heart rate changes and altered blood pressure.

[Psychology's role in delivering the NHS 10 Year Health Plan](#)

I was delighted to be able to chair three member workshops during September, covering three key areas within psychology's role as part of delivering the government's Fit for the Future: 10 Year Health Plan for England.

['The risk of baby loss shouldn't depend on your skin colour'](#)

Digital innovation can help create a world where the risk of baby loss doesn't depend on your skin colour, writes Dr Jyotsna Vohra, director of research, programmes and impact at the pregnancy and baby charity Tommy's.

[Play Well: improving children's healthcare through play](#)

Ellen Duke – Deputy Director of Children and Young People's Nursing at NHS England – and McKenzie – Youth Advisor to the Play Taskforce – explain how the newly launched Play well – Toolkit for health play services for England can support services to make a huge difference for children.

[Stoptober - A Call for Action](#)

These monthly blog posts by the Public Mental Health Implementation Centre (PMHIC), 'Perspectives on public mental health', aim to highlight the voices of practitioners, patients, carers, and public health experts.

News

[CQC's State of Care report warns of mounting pressure on mental health services](#)

The Care Quality Commission (CQC) has today published its annual State of Care report, looking at health and social care's performance, quality and challenges.



[State of Care Report shows urgent need to boost mental health services for both access and equity, says Centre for Mental Health](#)

The Care Quality Commission's annual State of Care report shows that mental health services are struggling to cope and that this is affecting the quality of care they provide, Centre for Mental Health chief executive Andy Bell said today.

[SANE comments on CQC State of Care report warning of mounting pressure across mental health services](#)

The health and social care system remains fragmented and under severe strain as it prepares for a major shift from hospital to community care, the Care Quality Commission (CQC) has warned in its annual State of Care report.

['Patients Still Struggling': RCGP Responds to CQC's State of Care](#)

Responding to the CQC's State of Care report, Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[Health Foundation responds to the Care Quality Commission's State of Care report](#)

Responding to the Care Quality Commission's State of Care report 2024/25, Director of Policy and Research at the Health Foundation, Dr Hugh Alderwick.

['Young people are falling through the gaps' - Making care before crisis a reality](#)

Leading mental health charity Mind has today published a new report on the state of children and young people's mental health in 2025. The report, 'Care before Crisis', calls on the government to scale up its network of early intervention mental health hubs ahead of the Budget. More than half a million young people are currently on a waiting list for support.

[Mind update on government legal case that has put disability rights at risk](#)

Mind, Mencap and National Autistic Society have issued the following statement at the conclusion of the Supreme Court hearing which could reshape the legal safeguards for people who are deprived of their liberty. The charities believe the rights of thousands of disabled people, especially those who cannot speak up, challenge decisions, or seek help when things go wrong, have been put at risk in the case.

[NHS Medium Term Planning Framework provides little hope of urgently needed turnaround in mental health support](#)

The Government's three-year planning guidance for the NHS today sets out some welcome actions for improving mental health care but falls far short of the level of ambition we need, and fails to set standards for mental health care funding, access, quality or equity, Centre for Mental Health chief executive Andy Bell said today.

[1 in 4 district nurses leave NHS – fix district nursing or risk jeopardising plans to shift care closer to home, warns think tank](#)

Government plans to move more NHS care into the community and out of hospitals won't be achievable unless action is taken to address the dire state of district nursing, with an estimated one in four district nurses having left the workforce in the year to September 2024.

[RCN calls for investment as report reveals dire state of district nursing](#)

The RCN is calling on ministers to urgently invest in district nursing, following a report from the Nuffield Trust that reveals a worse than feared collapse in the district nursing workforce, with one in four leaving the NHS in England in the past year alone.

[NHS Confederation responds to new report warning about the 'dire state' of district nursing](#)

This report shows that district nursing services are under immense pressure from a combination of growing patient need and fewer staff.

[Postpartum psychosis should be recognised as a distinct disease](#)

An international panel of leading experts on women's mental health is recommending that postpartum psychosis be recognized as a distinct category of mental illness and classified accordingly within standardized medical coding systems.

[The potential dangers of online parenting advice](#)

Education Secretary Bridget Phillipson has recently warned of the dangers of parenting advice circulating on social media from those claiming to be experts.

[A reflection on Adolescence and Stephen Graham's new book Letters to Our Sons](#)

Stephen Graham's new book will continue to explore the issues surrounding toxic masculinity and the impact of mobile phones and social media on teenagers and family life.

[Radical NHS reset to give patients faster care](#)

The NHS is set to deliver faster care for millions of patients thanks to the most radical reset of the NHS in a generation.

[Government announces Women's Health Strategy to be renewed](#)

Women's Health Strategy to be renewed in drive to improve access and tackle inequalities.

[Major NHS update brings menopause into routine health checks](#)

Menopause advice will be added to free health checks to help millions of women get the care they need.

[Free 'morning after pill' for women at high street pharmacies thanks to NHS expansion](#)

In the "biggest change to sexual health services since the 1960s", the oral emergency contraception pill will be available for free to women from almost 10,000 pharmacies across the country without needing to see their GP or get an appointment at a sexual health clinic.

[Faster care for thousands thanks to NHS use of independent sector](#)

Hundreds of thousands of people are receiving faster care thanks to the government's partnership with the private sector - free at the point of use.

[Major NHS AI trial delivers unprecedented time and cost savings](#)

Microsoft 365 Copilot trial demonstrates monthly time savings of potentially 400,000 hours for NHS staff.