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16 December 2025

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Reports

[Medicines in community mental health services](#)
This research looks at what good care looks like for people who take mental health medicines in the community.

[Primary and community healthcare support for people living with frailty](#)
Medical professionals use 'frailty' to identify the group of older people who have the highest risk of adverse outcomes such as disability, falls, hospital admission and the need for long-term care. The Chief Medical Officer considers that early identification of frailty can slow its progression and delay loss of independence.

Guidance

[Co-occurring mental health and substance use: delivery framework](#)
A framework setting out actions to improve treatment for people with co-occurring mental health and substance use conditions through better integrated care.

[Child maltreatment: when to suspect maltreatment in under 18s [CG89] (Updated 03 December 2025)](#)
This guideline covers the signs of possible child maltreatment in children and young people aged under 18 years. It aims to raise awareness and help health professionals who are not child protection specialists to identify the features of physical, sexual and emotional abuse, neglect and fabricated or induced illness.

Publications

[UKHSA priorities in 2025 to 2026](#)
Letter from Health Minister Ashley Dalton MP confirming the UK Health Security Agency's role and priorities for the financial year 2025 to 2026.

Studies

['Co-Production Is Caring': Young People's Reflections on Responsible and Dialogic Co-Production in Youth Mental Health](#)
While co-production is increasingly emphasised in youth mental health research, few studies have explored how young people themselves conceptualise and evaluate responsible and dialogic co-production. Understanding young people's perspectives is essential to ensure that participation is meaningful and protective, rather than tokenistic or exploitative.

Podcasts

[Bridging the gap: practical action on health inequalities](#)
This episode of Health on the Line tackles the issue of worsening health inequalities across the UK and the urgent action required to address them.

Blogs

[Youth Matters: A new national strategy and a critical moment for young people's mental health](#)
The publication of Youth Matters, the first national youth strategy in almost twenty years, marks an important moment for the youth sector. Over the next decade, the strategy intends to improve outcomes, expand opportunities and reduce inequalities experienced by young people across England.

'Life being stressful is not an illness' – why this BBC headline misses the point

The BBC's recent piece quoting a GP that "Life being stressful is not an illness" may sound like common sense. But like a lot of statements trumpeted as "common sense," it's an over-generalisation that lacks any empirical basis and is profoundly damaging.

What looks like 'overdiagnosis' is really a system struggling to provide continuous care

After waiting more than a year to see an NHS specialist, Sam's assessment for ADHD took less than two hours. It happened over video, involved a short checklist and brief history, and ended with a swift decision.

From Royal Assent to real life: what next for the Mental Health Bill

It's been almost a decade since the then Prime Minister Theresa May stated that the Mental Health Act in England and Wales needed to be rewritten and later appointed Sir Simon Wessely to conduct a review of what needed to change. Mrs May described the way the Act works as a 'burning injustice', both because of the increasing use of detention and the disproportionately coercive treatment of racialised communities.

Child poverty strategy: is this mission-led government in action, and will it work?

The government's newly launched child poverty strategy sets out a coordinated package of measures across welfare, health, housing and education to tackle child poverty.

Menopause conversations are growing – but does alcohol still sit in the shadows?

For women heading into their 40s, there's been an explosion of products promising to "fix" perimenopause and menopause. Powders, gels, creams, supplements…And thanks to some celebrities and media-savvy clinicians, the menopause conversation has open-upped in recent years.

How short-form videos could be harming young minds

Online short-form video has shifted from a light distraction to a constant backdrop in many children's lives. What used to fill a spare moment now shapes how young people relax, communicate and form opinions, with TikTok, Instagram Reels, Douyin and YouTube Shorts drawing in hundreds of millions of under-18s through endlessly personalised feeds.

How healthy are Gen Z?

The government wants Gen Alpha (born after 2012) to be 'the healthiest generation of children ever', but what about Gen Z? While some of Gen Z (currently aged 13–28) are still categorised as children, a large proportion are transitioning into adulthood or are already fully fledged adults. So, were Gen Z any healthier than previous generations?

ADHD: girls' symptoms are often missed in school because they don't fit stereotypes – new research

Many girls with ADHD aren't diagnosed until their late teens or adulthood. My recent research points to a possible explanation for this.

News

Review launched into mental health, ADHD and autism services

Government launches independent review to look at rising demand for mental health, ADHD and autism services and what is driving it.

Mind's response to the Independent Review into Mental Health Conditions, ADHD & autism

An independent review has launched today to look at the growing demand for mental health, autism, and ADHD support.

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[Centre for Mental Health welcomes launch of prevalence review](#)
"We welcome today's announcement that the Department of Health and Social Care will launch a prevalence review to examine rising referrals for mental health, autism and ADHD services."

[RCPsych responds to independent review into mental health conditions, ADHD and autism](#)
The Government has launched an independent review examining rising demand for mental health, ADHD and autism support.

[We respond to announcement of independent review into prevalence of mental illness](#)
The government has announced a review into the prevalence of and support for mental health conditions, ADHD and autism.

['Life being stressful is not an illness' - GPs on mental health over-diagnosis](#)
Hundreds of GPs across England have told the BBC they think mental health problems are being over-diagnosed.

[RCGP responds to BBC research on mental health overdiagnosis](#)
The College responds to BBC research with GPs showing concerns over the over diagnosis of mental health issues, as well as worries over the lack of support for patients experiencing mental illness.

[National Survey shows some improvement in maternity care experiences, but that further work is needed to ensure safe high-quality care for all](#)
Findings from a CQC survey of more than 16,750 women who used NHS maternity services in 2025 reveal several areas where people are reporting a better experience – particularly in relation to communication with staff and mental health support.

[New research collaboration to tackle ethnic inequalities in perinatal severe mental illness](#)
A ground-breaking new study aims to transform postpartum mental health care for mothers from ethnic minority backgrounds or those living in deprived areas who experience severe mental illness.

[New parents more likely to experience intrusive thoughts, reveals new research](#)
Intrusive thoughts and experiences mirroring psychosis are significantly more prevalent among new parents, according to new research.

[NHS facing 'worst case scenario' December amid 'super flu' surge](#)
Flu hospitalisations have surged by more than half in just one week, plunging the NHS into a "worst case scenario" situation for December, new figures reveal today.

[NHS ready for double whammy of winter flu-demic and strikes](#)
The NHS is facing an unprecedented flu wave this winter with "no peak in sight yet" according to England's top emergency care doctor.

[Mind responds to Health and Social Care Committee report on Community Mental Health Services](#)
Responding to the Health and Social Care Committee's report on community mental health services, Tom Pollard, Mind's Head of Policy.

[Centre for Mental Health welcomes Health Committee community mental health services report](#)
Centre for Mental Health welcomes today's report from the Health and Social Care Select Committee, which rightly highlights the urgent pressures facing community mental health services.

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[NHS Confederation responds to Health and Social Care Committee's report on Community Mental Health Services](#)
Responding to the Health and Social Care Committee's report from its Community Mental Health Services inquiry, Rebecca Gray, mental health director at the NHS Confederation.

[We respond to MPs' recommendations for community mental health services](#)
The Health and Social Care Committee has warned that the government risks missing a 'golden opportunity' to transform community mental health services, following an inquiry into the issue which our charity gave evidence to.

[Mental health support in prisons must recognise the impact of childhood trauma, says Centre for Mental Health](#)
Specialised support that recognises the trauma that most people in prison have experienced is critical to improving mental health and rehabilitation in the justice system, according to a new report from Centre for Mental Health.

[New framework will help people with co-occurring mental health and substance use disorders, says RCPsych](#)
The Department of Health and Social Care and NHS England have published the Co-occurring Mental Health and Substance Use Delivery Framework.

[New adviser to reform NHS response to violence against women and girls](#)
Jess Asato appointed Violence Against Women and Girls (VAWG) adviser to reform NHS response as part of the government's mission to halve VAWG within a decade.

[Leading charities warn of significant risks of EHRC guidance to the mental health of trans and non-binary people](#)
Proposed new Equality and Human Rights Commission (EHRC) guidance on the Equality Act poses a major risk to the mental health of trans and non-binary people, leading mental charities said today.

[Government brings in measures to help tackle child poverty](#)
Savings for families on baby formula as government brings in measures to help tackle child poverty.

[Child Poverty Strategy tackles key driver of poor mental health - but must just be the start](#)
The UK government has released its flagship Child Poverty Strategy, which it estimates will lift 550,000 children out of poverty. There are currently 4.5 million children in poverty across the UK.

[Child poverty strategy must look longer term to protect children's mental health](#)
Last week the Government announced its Child Poverty Strategy. This has the potential to dramatically improve mental health but falls short of being a long-term solution to a systemic problem.

[Debates about bullying need to look beyond online safety say researchers](#)
New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has found that only two per cent of young people who experience cyberbullying by the age 18 report exclusively being abused online.

[Healthy Early Years Diets: Achieving the Best Start in Life](#)
The Obesity Health Alliance and First Steps Nutrition Trust have updated the '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.

[Children and Young People's Social Prescribing: connecting the system flipbook](#)
How does social prescribing for children and young people work in practice? What impact have different projects had? And how do we join up a system that can seem complex and confusing?

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[First UK clinical guidelines for alcohol treatment welcomed by RCPsych](#)
The Department of Health and Social Care has published the first ever UK clinical guidelines for alcohol treatment.

[MHRA and NICE receive £2 million from Wellcome to improve safety and effectiveness of digital mental health technologies](#)
Additional funding will allow the MHRA and NICE to continue developing clear, proportionate guidance for digital mental health technologies, supporting safer, more effective tools for people across the UK.

[New partnership to explore the role of AI in mental health services](#)
Our new series of work with Limbic to demystify the use of AI in mental health services.

[Over 1 in 4 GPs use AI at work but national policy failing to keep up with pace of change](#)
This report on how GPs are using AI at work from the Nuffield Trust and RCGP was originally covered in a Guardian exclusive.

[Over 1 in 4 GPs use AI at work but national policy failing to keep up with pace of change](#)
Over 1 in 4 GPs (28%) say they use AI tools to help with their work, but they are faced with a "wild west" when deciding which tools to use and how, due to a lack of consistent national guidance or formal AI training. This raises concerns about patient safety, and could also worsen health inequalities, as practices in deprived areas are less likely to provide access to AI tools.

[Chief Medical Officer's annual report 2025: infections](#)
Professor Chris Whitty's annual report considers trends, successes and challenges in preventing and treating infectious diseases.

[Almost every GP now offers online access for patients](#)
Patients at nearly all GP practices (98.7%) in England can now access their surgery online, thanks to government changes allowing patients to submit online consultation requests open during work hours (8am to 6.30pm).