

## Publications

### [Men's Health Strategy for England](#)

Details the government's 10-year vision for men's health and the actions we are taking now to improve the health and wellbeing of all men and boys in England.

### [Empowering minds: Transforming young women's mental health](#)

Empowering Minds is our evaluation of the Young Women in Mind programme, launched by the Pilgrim Trust in 2021 to address the worsening mental health of young women aged 16-25.

### [Delivering the best for girls in custody: government response](#)

The full government response to the independent review into the placement and care of girls in youth custody.

### [The health of people in prison, on probation and in the secure NHS estate in England](#)

The Chief Medical Officer for England identifies areas of good practice and areas of risk, and recommends actions to improve health outcomes for this population.

## Guidance

### [Enhanced therapeutic observations and care: embedding therapeutic practice](#)

This publication is designed to support organisations in improving how enhanced therapeutic observations and care (ETOC) is provided and managed. The guidance informs every stage of assessment, therapeutic care, and decision-making to ensure its use is minimised through proactive step-down.

### [Clinical guidelines for alcohol treatment](#)

UK clinical guidelines recommending interventions for people with harmful patterns of drinking and alcohol dependence, supporting and promoting good practice.

## Statistics

### [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England](#)

The Adult Psychiatric Morbidity Survey (APMS) series provides data on the prevalence of both treated and untreated psychiatric disorder in the English adult population (aged 16 and over). The results of the 2023/4 survey were published in two parts. With Part 1 published in June 2025 and Part 2 appended to the publication in November 2025.

### [Public Health Outcomes Framework: November 2025 data update](#)

The Public Health Outcomes Framework (PHOF) examines indicators that help health and care professionals and the public understand trends in public health.

## Call for Evidence - Outcomes

### [Men's Health Strategy for England call for evidence: summary report](#)

The Department of Health and Social Care (DHSC) received over 6,500 responses to the call for evidence from individuals, health and social care professionals, academics and organisations. This document summarises the responses received.

## Blogs

### [Mental health inequalities in the UK](#)

More than one in five adults (22.6%) in England are now living with a common mental health condition, a 20% increase since 2014. At the same time, services are struggling to keep pace with rising demand, and the mental health waiting list has grown to an estimated 1.7 million people.

### [Drug use is changing in England – with more adults showing signs of dependence](#)

Drug use appears to be changing in England – both in the types of drugs people take and their potency, according to our latest survey of adult mental health and wellbeing.

### [Raising awareness of men's and boys' wellbeing](#)

International Men's Day, which takes place on the 19 November, gives us the chance to celebrate the men and boys in our lives who inspire us. It's also an opportunity to reflect on specific challenges that affect men and boys.

### [Becoming a Man – today](#)

On International Men's Day, Ntale Eastmond, Programme Manager for Becoming a Man, talks about the pressures facing young men today, and the inspiring transformations he gets to witness when young men are supported.

### [Black single parents and peer support in Wales](#)

In the UK, around one in four families are headed by a single parent, with nearly two-fifths living in poverty. Single parent households often face higher levels of stress, loneliness and stress than couple-parent households.

### [New resource for Self-Care Week](#)

Created especially for release during National Self-Care Week, the Self-Care Forum's new Moving More fact sheet is a resource all about staying well by moving more, which is especially important as we age.

### [Self-care tips](#)

November 17 marks the beginning of Self-Care Week. The week aims to raise awareness about importance of self-care in everyone's lives.

### [Blog on attending gym, walking and taking up cooking to improve physical and mental wellbeing](#)

To continue exploring our theme for 2025 at Together of Physical Wellbeing, we spoke with Ian who uses our Boudicca Court Accommodation Service about seeking to take on some new activities that would benefit his physical health.

### [ADHD: even one bout of physical activity might help kids better learn in school](#)

Attention deficit hyperactivity disorder (ADHD) is the most common disability diagnosis in children globally. It's estimated to affect around 8% of children aged 3-12 years, and around 6% of teenagers aged 12-18 years.

### [Six things we learnt from the latest childhood obesity data for England](#)

Childhood obesity is a major problem. Earlier this year, UNICEF declared that worldwide more children are now obese than are underweight.

### [How to tackle obesity: why industry must step up](#)

The country is facing a formidable weight crisis. Almost two-thirds of adults are now overweight or obese, increasing their risk of chronic conditions such as diabetes, heart disease and cancer. Child obesity is growing at an unprecedented rate. Nearly 1 in 4 children are overweight or obese by the time they start primary school, rising to more than 1 in 3 by the time they leave it.

### [What is the role of AI in supporting good mental health?](#)

AI tools bring unprecedented access to personalised mental health advice with a single click, but also come with risks around accuracy, safety and privacy.

### [AI and algorithms in healthcare – what are the risks and opportunities for the NHS?](#)

Our latest research shows that while most men turn to the NHS most often for information on staying healthy, one in five are now using platforms such as TikTok, Instagram and YouTube and almost one in 10 are using Artificial Intelligence (AI) chatbots.

### [Vaping might seem safer than smoking but your heart could tell a different story](#)

You may have heard that vaping is the “safer” choice than smoking. But what if the very thing designed to protect your health also puts your heart at risk?

## News

### [Government unveils England's first ever Men's Health Strategy](#)

The government launches bold plan to tackle physical and mental health challenges faced by men and boys, and reduce inequalities.

### [AHA responds to Men's Health Strategy](#)

Today on International Men's Day the UK Government launched a new Men's Health Strategy for England. While alcohol is acknowledged as an important factor impacting men's health, the strategy doesn't go far enough to address the ill-health and inequalities it causes.

### [Health boost for Britain's forces as new NHS programme launches](#)

Government rolls out new training programme to help NHS staff across England give the armed forces community the personalised care they deserve.

### [Mind responds to the Adult Psychiatric Morbidity Survey finding more than 6 in 10 people with general personality disorder traits don't receive treatment](#)

Today the second part of the Adult Psychiatric Morbidity Survey has been published – the most authoritative national snapshot of the prevalence of mental health problems among adults in England.

### [Adult mental health survey exposes how serious mental illness is linked to inequality, says Centre for Mental Health](#)

Deprivation, inequality and injustice are major drivers of mental ill health, and we urgently need a cross-government plan to build a mentally healthier future, Centre for Mental Health chief executive Andy Bell said today.

### [What is the state of children's health in England?](#)

Children's health is a foundation for future society. Healthy children are more likely to thrive in school and enjoy better health in adulthood. Conversely, poor health in childhood has lasting impacts on individual life chances and creates avoidable pressure on public services, including the NHS.

### [BPS President warns of the dangers of children using AI for mental health therapy](#)

The dangers of children using AI for mental health therapy support could lead to the next public health emergency if the government does not take urgent action ("Children using AI for mental health advice risk harmful self-diagnosis", Nov 17).

### [Children's in-school mental health programme alleviates pressures on services under strain](#)

How a classroom-based mental health education programme is preventing referrals to CAMHS, MHSTs and SENCOs.

### [NHS England responds to ADHD Taskforce final report](#)

An independent taskforce established to tackle challenges in attention deficit hyperactivity disorder (ADHD) care has today (6 November 2025) published its final report.

### [Chancellor to double down on drive to cut NHS waiting times and rollout of new Neighbourhood Health Centres](#)

250 Neighbourhood Health Centres to bring patient care closer to home and bring end to postcode lottery of healthcare access.

### [Still no plan for mental health – Mind responds to the Budget](#)

Speaking in response to the Budget, Dr Sarah Hughes, Chief Executive of Mind.

### [The King's Fund responds to the 2025 Autumn Budget](#)

Responding to the Autumn Budget, Sarah Woolnough, Chief Executive of The King's Fund.

### [Working together to raise the healthiest generation ever](#)

The Secretary of State addressed the Barnardo's Health Conference about children's health.

### [Government acts to tackle rising childhood obesity epidemic](#)

The government will underline its commitment to get children healthier and more active following new figures revealing the scale of the childhood obesity problem.

### [The King's Fund evidence submission to the Health and Social Care Committee inquiry on food and weight management](#)

In this submission, we recommend a more joined-up approach to prevention, including better access to healthy food and stronger public health policies. New treatments like weight loss injections may help some people, but they should be part of a wider strategy.

### [Flu is on the rise – and it's hitting earlier than usual](#)

Professor Kamila Hawthorne, Chair of the RCGP, warns that the latest data from the RCGP's Research and Surveillance Centre shows high levels of flu and respiratory illnesses earlier than expected this winter and offers advice to protect vulnerable groups and reduce pressure on the NHS.

### [Soft drinks levy extended to protect children and improve health](#)

The government has announced an extension of the Soft Drinks Industry Levy to more high-sugar drinks, including milk-based drinks.

### [Strengthening the Soft Drinks Industry Levy](#)

The consultation response document includes a summary of feedback received on the proposed changes to the Soft Drinks Industry Levy (SDIL) and confirms the outcome of the consultation.

### [Record numbers of people with type 2 diabetes benefit from NHS 'soups and shakes'](#)

The NHS supported a record number of people with type 2 diabetes to sign up to its 'soups and shakes' diet programme last year, helping them to lose weight and potentially put their condition into remission.