

Guidance

[The Maternal Care Bundle – a care bundle for reducing maternal mortality and morbidity](#)

The Maternal Care Bundle (MCB) sets best practice standards across 5 areas of clinical care, for implementation by NHS providers and commissioners across England. The aim is to reduce maternal mortality and morbidity and reduce inequalities in these adverse outcomes.

[Improving postnatal care: a toolkit for integrated care boards, partners and providers](#)

This toolkit supports integrated care boards (ICBs), their place-based partners, health and care providers to work with service users and professionals to improve the postnatal care experience and both short and long-term maternal and infant health. It shows ICB leaders what an effective, collaborative approach looks like and recommends evidence-based actions for ICBs and providers to consider taking.

[Overweight and obesity management \[NG246\] \(Updated: 08 January 2026\)](#)

This guideline covers the prevention and management of overweight, obesity and central adiposity in children, young people and adults. It brings together and updates all NICE's previous guidelines on overweight and obesity. It does not cover pregnancy.

Publications

[Black maternal health: government response to the Health and Social Care Committee](#)

The government's response to recommendations made by the House of Commons Health and Social Care Committee's inquiry into Black maternal health.

Briefings

[The Mental Health Act 2025: what you need to know](#)

An overview of key changes to the Mental Health Act and the implications for healthcare organisations.

Podcasts

[Children's Mental Health: Listen Up! - Joint Conference Special](#)

In this special episode of Children's Mental Health: Listen Up!, we take you inside a groundbreaking joint conference that brought together child and adolescent psychiatrists, adult psychiatrists, resident doctors and experts to tackle one of the most important challenges in mental health: supporting young people through mental health service transitions.

[Children's Mental Health: Listen Up! - A nature-based conversation with Dr Katherine Kennet](#)

In this final part of our joint CAP and GAP conference specials which follows on from a session on climate change, nature, and sustainability in mental health; Dr Matthew Leahy discusses nature-based approaches for children's mental health with Dr Katherine Kennet, who is a consultant child and adolescent psychiatrist with a keen interest in social prescribing.

Blogs

[The rising rates of common mental health conditions across all ages](#)

More people are now seeking help for common mental health conditions, as well as for ADHD and autism. But are more people experiencing mental ill health? Sarah Scobie takes a closer look.

[Mental health services in the UK in 2025: what the latest NHS Benchmarking survey tells us](#)

Every year, the NHS Benchmarking Network gathers data from mental health services for both adults and children across the UK. While raw data aggregated across mental health service providers nationwide cannot tell us about people's experiences of these vital services, nor the quality of care they provide, it offers important insights about the scale of what they do, the resources they have, and some of the challenges they are facing day after day. It's also unusual in that its data covers all four nations of the UK.

[The menopause gap: why some women suffer more and get less care](#)

Menopause is often described as "the change", but for millions of women worldwide it is more than a biological milestone. It is a cultural, social and medical turning point. While most women experience menopause, their journeys are not the same.

[MMRV: what families need to know about the UK's new chickenpox vaccine](#)

The UK has added chickenpox to the routine childhood vaccination schedule for the first time, using a combined MMRV jab that also protects against measles, mumps and rubella. Here's what parents need to know.

[Time to lower the limit: Tackling the toll of drink and drug driving](#)

Driving in December can bring heightened risk. Conditions are often worse due to dark and wet roads and seasonal festivities mean more drivers are likely to get behind the wheel under the influence.

[Stopping weight-loss jabs leads to much faster rebound than thought – so are they still worth it?](#)

Weight-loss injections, like Wegovy and Mounjaro, have been hailed as gamechangers. In clinical trials, people lost an average of 15%-20% of their body weight – results that seemed almost miraculous compared to traditional diet and exercise programmes.

News

[Mental Health Bill receives Royal Assent, revolutionising care](#)

The Mental Health Bill has received Royal Assent to modernise outdated mental health laws and improve care for seriously ill patients.

[Reforms to Mental Health Act set to pass into law](#)

The Mental Health Act gains Royal Assent following years of work by different governments and lobbying from NHS Confederation to update the 2007 Act.

[RCPsych responds to Mental Health Act receiving Royal Assent](#)

The new Mental Health Act for England and Wales has received Royal Assent and is now law.

[Mental Health Foundation reacts to Mental Health Act 2025 receiving Royal Assent](#)

The Mental Health Act 2025 has received Royal Assent, meaning it is now law.

[SANE reacts as Mental Health Bill gains Royal Assent creating new legislation to bring care into the 21st century](#)

The new Mental Health Act is now law and reforms the outdated act of 1983, which provides the legal framework to detain and treat people in crisis who are at risk of harm to themselves or others.

[RCPsych responds to Adult Psychiatric Morbidity Survey](#)

NHS England has published the second part of the Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England.

[Abuse victims to get specialist NHS support](#)

A new referral service will connect victims with help through their GP, and there's up to £50 million for therapeutic support for child victims of sexual abuse.

[Efforts to tackle violence against women and girls 'important step forward'](#)

Professor Victoria Tzortziou Brown, Chair of the Royal College of GPs, said: "As GPs, we see the devastating effects that domestic and sexual abuse has on our patients – mostly women and girls – so supporting our teams to identify signs of this violence, and having local services that can help to signpost to, will be an important step forward."

[Government extends free NHS services for care leavers](#)

Major boost for children leaving care with free prescriptions, dental and eyecare services.

[Train teachers to spot trauma and support refugee children, urges new guidance from Educational Psychologists](#)

Providing teacher training on how to recognise and respond to trauma in refugee and asylum-seeking children in order for them to feel safe in school is vital for society, according to new guidance from Educational Psychologists.

[Give children the best start: vaccinate this New Year](#)

This festive season, one of the most important and life-saving gifts you can give your child is vaccination, and it's completely free.

[Families to have better access to childhood vaccinations](#)

A new £2 million pilot will see health visitors reach families facing barriers to vaccines, to ensure more children are protected.

[Hundreds of thousands of young children now to be protected against chickenpox](#)

Hundreds of thousands of families with young children will be offered protection against chickenpox as part of their routine childhood vaccinations from today.

[Lives to be saved by boosting access to drug overdose medication](#)

Government launches consultation to help combat rising drug deaths from opioids, as part of record £3.4 billion in investment in drug and alcohol services.

[Patient experience: do patients feel involved in decisions about their care?](#)

We examine whether patients feel involved in decisions about their care and treatment.

[Flu levels 'stubbornly stable' in older age groups despite overall decline](#)

Weekly UKHSA report for the 2025/26 season, monitoring respiratory viruses.

[NHS diabetes prevention scheme helps one million people](#)

Nearly one million people in England have started a specialist NHS scheme which can prevent or delay the onset of Type 2 diabetes, according to new analysis.

[Landmark junk food ad ban to protect kids' health](#)

Children will be protected from exposure to junk food ads under new regulations, in a bid to tackle childhood obesity.

[Less Healthy Advertising Regulations – a Watershed Moment for Child Health](#)

Today marks a significant milestone for child health with the implementation of the Less Healthy Advertising Regulations across television and online media.

[Open Letter to Secretaries of State Urges Tougher Junk Food Advertising Rules to Protect Children](#)

The Obesity Health Alliance has written to the Secretaries of State for Health and Social Care and for Culture, Media and Sport to welcome the introduction of the Less Healthy Food and Drink Advertising Regulations, and call on the government to strengthen the legislation to ensure it delivers as intended.

[Menopause and Long COVID](#)

Women are disproportionately affected by Long COVID, and as the peak incidence occurs between the ages of 35-49, there may be overlap with symptoms of perimenopause and menopause. This guidance, based on available evidence and clinical expertise, aims to outline principles of assessment, diagnosis, management and support to facilitate self-help and recovery.

[Menopause and prostate conditions prioritised for NHS's new online hospital](#)

The NHS has selected nine common conditions which will be the first to be treated by the NHS Online service, providing faster access to specialist care.

[Record numbers using NHS App to manage health](#)

The NHS has released a Spotify Wrapped-style end-of-year update which shows the NHS App now has more than 39 million registered users.

["Quarter-Life Crisis" is a common phenomenon across many countries, reveals new global research](#)

A new study led by BPS member Professor Oliver Robinson at Regent's University in London studied over 2,200 people aged between 18-29 from across eight nations.

[Science, technology and philosophy came together to debate the potential impact of Artificial Intelligence on our mental health](#)

Academics, clinicians, students and members of the public came together for the 63rd Maudsley Debate earlier this month to discuss AI and mental health.

[AHA responds to news of lower drink-drive limit](#)

The government has announced its first road safety strategy in over a decade, with a plan to reduce deaths and serious injuries on Britain's roads by 65% by 2035. The strategy will consult on introducing a lower drink-drive limit to reduce collisions.