

Reports

[National Cancer Plan for England](#)

Details the government's plan to transform cancer care and outcomes in England by 2035.

[Monitoring the Mental Health Act in 2024/25](#)

This report presents the findings from CQC's regulatory activity during 2024/25 of our statutory work under the Mental Health Act 1983 (MHA). We report on what we found through engaging with people who are subject to the MHA as well as a review of services registered to assess, treat and care for people detained under the MHA.

[New report reveals state of person centred care in the NHS in England](#)

The NHS is committed to 'making the patient king' – but how person centred is the health service in England? A new report by Picker brings together, for the first time, the findings from the national patient and staff experience programmes we are commissioned to deliver on behalf of the Care Quality Commission and NHS England.

Statistics

[Substance misuse treatment in secure settings: 2024 to 2025](#)

Statistics for alcohol and drug misuse treatment in prisons and other secure settings from the National Drug Treatment Monitoring System (NDTMS).

Toolkits

[How does early education and care affect children's development?](#)

Early childhood development has a huge impact on children's lives. While a range of factors including the home environment influence development, research consistently shows that the early education and care children receive before they start school can be crucial.

Cochrane Reviews

[Face-to-face psychoeducation for the parents of people with severe mental illness](#)

Parents who are the primary caregivers of people with severe mental illness are at high risk of mental health problems, including stress, depression and anxiety. While growing evidence suggests that psychoeducation may be beneficial, no systematic review has assessed its specific effects on parents. Clarifying this impact is essential to guide mental health services and improve outcomes for both caregivers and patients.

Public Advice

[Video Resources: A series of videos created for neonatal healthcare professionals exploring topics such as FICare delivery and health inequalities](#)

The video series below has been created to explore the psychological impact of a neonatal stay and to delve deeper into the challenges faced particularly by those who already experience health inequalities.

Calls for Evidence

[Early years screen time and usage](#)

The government has committed to publishing guidance on early years screen time in April 2026. We are seeking evidence to inform the guidance.

Podcasts

[Population health, prevention and the power of improvement](#)

Welcome to the next episode of our Leading Improvement in Health and Care podcast. In this episode, we're looking at how improvement can play a role in population health, with examples from Scotland to London.

Blogs

[Co-regulation: advice for coping with our children's - and our own - big emotions](#)

Being a parent can be an incredibly rewarding experience. But it can also be challenging. When we're focused on nurturing and supporting our children, we can overlook the importance of our own mental health as parents. But the two are very much intertwined. And that's where co-regulation comes into it.

[No wrong door: A cautiously optimistic step towards supporting co-occurring needs](#)

The release of the Co-Occurring Mental Health and Substance Use Delivery Framework by the Expert Reference Group in December marks a significant and long-awaited step forward.

[What if the 'nanny state' is exactly what our health needs?](#)

When you hear the phrase 'nanny state,' what comes to mind? For many, it evokes images of restrictions on personal choice. It's often used by politicians and media commentators to criticise public health policies and interventions like the 'milkshake tax' and the Tobacco and Vapes Bill. Against the backdrop of new data showing a worsening picture of the nation's health, perhaps it's time to rethink what we mean by the term 'nanny state.'

[How the Online Safety Act is re-shaping our experiences online](#)

From the early 1990s, all anyone needed to access the internet's vast content was to know the right URL or search terms, whether it was news, mental health information, pornography, or extremely violent videos. Occasionally, you just had to click to tell a website you were 18 – with no checks that you really were.

[Social media and children's mental health](#)

The last few weeks and days have seen a sharp increase in calls for urgent action in the UK and internationally to stop children from being able to access social media. The House of Lords has voted in favour of a ban, and there have been strident calls both for and against it.

[5 things damaging young adults' mental health that aren't social media](#)

There is a lot of talk about the impact of social media on young people's mental health. And rightly so. With harmful algorithms designed to keep you hooked, the endless opportunity to compare your life to others, cyberbullying, exploitation and disrupted development, it's clear that greater moderation and safety checks are needed to keep young people safe.

[Designed for life? Why mental health services need a radical redesign of their physical fabric](#)

The spaces we live and work in have profound effects on our mental health. And the environment in which a mental health service operates can have a huge bearing on how it feels (for people receiving care, carers, and staff alike), how safe it is, and how much it helps people to heal and recover.

[In touching distance: why people with mental health problems are missing out on vital income](#)

Amidst a continuing cost-of-living crisis and stagnating incomes, millions of people in the UK are under immense financial pressure, forced to try and make their money stretch further. People with mental health problems, already at a greater likelihood of being in financial difficulty, are among those hit hardest.

Leveraging innovation to support care closer to home

We are launching a new multi-year programme exploring how innovation can help deliver on the longstanding ambition to provide more care closer to home.

5 reasons why we needed to update the Nutrient Profiling Model

With so much recent discussion about the Nutrient Profiling Model (NPM), the debate can feel noisy, political, and at times deliberately confusing. But underneath the headline is the simple truth – the NPM is more than 20 years old, and the world of food nutrition and evidence has evolved. So, in true listicle style, here are 5 clear reasons why the NPM urgently needed its update, and why it matters.

The new nutrient profiling model could rewrite UK food rules

The government's new Nutrient Profile Model (NPM) sounds like the kind of policy detail you'd normally skip. But it matters because it is the tool that, in law, decides what counts as "healthier" and "less healthy" food and drink, and therefore which products can be advertised to children, and how and where they can be promoted in shops.

Coping With Grief While Caring for Others: A Mental Health Nurse's Perspective on the importance of Self-Compassion and Self Care

There is often a common misconception that nurses are somehow more resilient to loss because we witness it regularly. The truth is that no amount of professional training prepares you for terminal illness or bereavement when it comes calling in your personal life. Regardless of whether you are a mental health nurse, adult nurse, children's nurse, or learning disability nurse, grief is a deeply personal and profoundly painful experience.

News

New fund to tackle cancer screening inequalities and save lives

£200 million for local cancer care to address gap in screening uptake and reduce screening inequalities in deprived areas.

Trusted Voices: Higher death rates among young LGBTQ+ people highlight the risks of misinformation at vulnerable moments

A recent investigation by The Guardian, based on Office for National Statistics data on sexual orientation, shows higher death rates at younger ages among LGBTQ+ people than straight people.

People waiting too long for mental health care and becoming more ill while they wait, CQC finds

The Care Quality Commission's annual report on the Mental Health Act paints a picture of services that are struggling to cope with high levels of need with insufficient resources and often inadequate facilities, Centre for Mental Health chief executive Andy Bell said today.

New CQC report yet more evidence of increasing demand facing mental health services

The CQC report also lays bare that unacceptable racial inequalities still exist.

SANE comments as Mental Health Act report highlights people in crisis continue to face long waits for care

Increasing demand for services and higher thresholds for admission are leading to long waits for mental healthcare, the Care Quality Commission's annual report into the use of the Mental Health Act has found.

Mind responds to CQC's Monitoring the Mental Health Act report

The Care Quality Commission (CQC) has today published its annual 'Monitoring the Mental Health Act' report, which provides an overview of the key trends and issues in mental health hospital inpatient care from 2024-25.

Charities launch plan to help fix the children's mental health crisis

Future Minds – led by Centre for Mental Health, Centre for Young Lives, the Children and Young People's Mental Health Coalition and YoungMinds, with support from the Prudence Trust – today launches a plan for the Government to fix the children's mental health system with a detailed roadmap for action.

Expanding parent-infant relationship services could save government billions

Specialised services for new parents who struggle to bond with their babies, help babies to thrive, but current provision leaves thousands of families without support.

Advice accepted on extending the RSV vaccination programme

The government has accepted advice on eligibility from the JCVI for the RSV vaccination programme.

RSV vaccination for older adults: expansion of eligibility

Information on the expansion of the eligibility criteria of the older adults respiratory syncytial virus (RSV) vaccination programme from 1 April 2026.

Healthy child programme

Resources to help keep children in England healthy, safe and well from preconception to adulthood.

1 in 4 school-leavers unprotected by HPV vaccine

A quarter of school-leavers are unvaccinated against HPV, leaving young women at risk of cervical cancer and both sexes vulnerable to other HPV-related cancers.

Medical Misinformation

Confidence among UK adults in recognising accurate health information is far from universal.

MHRA issues new guidance for people using mental health apps and technologies

New online resources will help the public, parents, carers and health, social care and education professionals understand what safe, effective digital mental health technologies look like in practice.

BPS welcomes new MHRA guidance on mental health therapy apps

MHRA has issued new guidance for people using mental health apps and technologies.

ACMD announces decision on the classification of ketamine

The ACMD has advised the government ketamine should remain a class B controlled substance, but that police forces and health care professionals must receive greater support to better identify, prevent and respond to ketamine-related harms.

Faster, fairer access to HealthTech under new national programme

People across England and Wales are set to receive faster, fairer access to innovative HealthTech under the new National HealthTech Access Programme (NHAP).