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Reports

New College report with British Heart Foundation shows stark cardiovascular health inequalities for people in England with severe mental illness

People living with severe mental illness are around four times more likely to die early from cardiovascular disease (CVD) than the general population in England, according to a major new report published by the Royal College of Psychiatrists, British Heart Foundation, Centre for Mental Health and Equally Well UK.

Chief Medical Officer's annual report 2026: health in rural areas and small towns

Professor Chris Whitty's annual report discusses the health and wellbeing of communities in England's small towns and rural areas.

The pregnancy information gap: findings from our new national survey

Today we launch the results of our first national survey into how women and birthing people find and use pregnancy health information.

Policies

The Older People's Housing Taskforce Report: government response

Government response to the Older People's Housing Taskforce, setting out the vision, commitments and next steps.

Analysis

New analysis shows how inequalities cut lives short

New Health Foundation analysis has revealed stark inequalities in the risk of dying early, depending on people's education, occupation and where they live.

What does prevention look like in practice?

Prevention is one of the government's key priorities as part of the NHS 10 Year Health Plan. While prevention often requires a cross-sector approach, services and staff in the NHS are already embedding prevention in their work.

Bringing hospital-level care closer to home

Airedale's Digital Care Hub is bringing together technology, clinical expertise and integrated working to help more people receive safe, responsive and personalised care at home.

Trust, translated: tackling vaccine hesitancy one phone call at a time

Commissioners in the Black Country used NICE Quality Standards to overcome language barriers in its communities and increase childhood vaccination rates by over 12 percentage points.

Guidance

Rough sleeping: actions for the health and care sector

What health and care organisations should do to support the Rough Sleeping Programme and help people move off the streets, including actions for winter 2026 to 2027.

Tailoring public health messages for diverse audiences

This resource provides practical guidance on how to build trust, foster partnerships and empower communities to enable more accessible and inclusive public health communication.

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Statistics

Deprivation of Liberty Safeguards statistics, England: 2025 to 2026
Data on Deprivation of Liberty Safeguards (DoLS) in local authorities, including the profile of people for whom a DoLS application was received.

Public Health Outcomes Framework: November 2026 data update
This interactive tool presents indicators that help health and care professionals and the public understand trends in public health.

National Child Measurement Programme (NCMP) annual report: academic year 2025 to 2026, England
This report presents the latest data from the NCMP for children in reception and year 6.

Campaigns

National Self-Care Week
Self-Care Week is a UK wide annual awareness week that focuses on embedding support for self-care across communities, families and generations.

Smoke-free Generation
The national Smoke-free Generation campaign will raise awareness and understanding of the new age-of-sale legislation, helping adults and young people understand what is changing, when and why.

Blogs

What next for the Fonagy Review?
Over the past year, there has been considerable debate about growing demand and long waits for mental health services, and the role of mental ill health in relation to employment, economic growth and the size of the social welfare system.

Understanding trauma in health and justice settings
This blog reflects on trauma-informed practice in secure settings. Exploring how trauma shapes behaviour, tension between care and custody, why dignity, safety, compassion and whole-system approaches remain essential in prisons and secure environments.

What Health and Justice nursing has taught me
A personal reflection on what prison nursing has taught me about integrity, resilience, clinical curiosity and compassionate care.

Men's health strategy for England: Health equity policy
Men's Health Strategy for England highlights men's health as a significant health equity challenge, recognising the need for coordinated action to address gender inequalities.

Why physical health must be part of the NEETs narrative
Nearly 1 million young people in the UK are now NEET - not in employment, education or training; a challenge the government will look to tackle based on the recommendations of the Milburn review.

How independent gyms can support mental health
When we tell someone that exercise might support their mental health, what are we actually asking them to walk into? For some people, a gym can become one of the most positive places in their life. It can provide routine, community, movement and a reason to leave the house. But what if walking through the door is the hardest part?

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Reflecting on our Henry Hawkins Lecture and Celebration 2026 with Together CEO Linda Bryant
With a theme of "When Voices Are Missing: The Cost of Overlooking Lived Experience in Mental Health", this was an event that was more than a gathering. It was an opportunity to listen and imagine what becomes possible when every voice is valued and to celebrate Together's most deeply held principle – recognising, respecting and learning from lived experience.

Unveiling 'alcoholocide' in South Asian communities in the UK
In the shadows of our society, too many families are living through a crisis that has remained hidden and overlooked for far too long: the devastating impact of alcohol harm within South Asian communities in the UK.

Still here, still desiring: Memory, sex and queer old age
I was thrilled to be asked to be a guest on the Dr DILF podcast, hosted by the talented Simon Fox. We talked about memory, about what we can learn from the AIDS crisis, and about sex, which public discussion of that history tends to leave out.

What becoming a patient taught me about AI
In this blog, Harriet Davies, Head of Communications for Digital Health and Care Wales, shares what she learned about AI during a serious illness earlier this year.

News

People with severe mental illness four times more likely to die early from cardiovascular disease, report warns
People living with severe mental illness are around four times more likely to die early from cardiovascular disease than the general population in England, according to a new report published by the British Heart Foundation (BHF) with Centre for Mental Health, Equally Well UK, and the Royal College of Psychiatrists.

Action needed to address drug-related deaths in England and Wales, says RCPsych
The Office for National Statistics has published new data on deaths related to drug poisoning in England and Wales in 2025.

£40 million for GPs to keep vulnerable patients out of hospital this winter
Hundreds of thousands of vulnerable patients will receive support from their GP this winter under £40 million programme.

RCPsych responds to publication of HSSIB lithium report
The Royal College of Psychiatrists has responded to the publication of a new report by the Health Services Safety Investigations Body (HSSIB) examining the use of lithium for people with bipolar disorder.

More familiar carers and less travel under new social care plans
People receiving care at home are set to benefit from more personalised support from familiar carers under neighbourhood commissioning of social care.

Minister McGovern speech at the Youth Access conference
Minister for Social Care and Mental Health, Alison McGovern, delivered the keynote speech at the Youth Access conference in Camden.

1.2 million people in Great Britain estimated to use cannabis every day or nearly every day
Around a quarter of people who had used cannabis in the past year said they used it daily or near daily, with users aged 35 to 54 twice as likely to use it daily as those aged 18 to 24, according to a new study led by researchers at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London and the University of Bath.

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[Digital therapy prevents anxiety increasing during pregnancy and after birth]
Pregnant women and birthing people with undiagnosed anxiety could benefit from a new digital therapy, according to a clinical trial led by King's College London.

['I'd throw up in the car park': How school anxiety is harming children's futures]
Thirteen-year-old Eva hadn't been to school for 15 months before September. She describes how she used to get up every morning, try to get ready for school and get stuck by the front door.

[Building a national care service through neighbourhood home care]
Minister McGovern delivered the keynote speech at the National Children and Adult Services Conference (NCASC).

[Participation Plan: A new approach to work, health and disability]
Rethink Mental Illness is calling on the government to adopt a new approach to deciding what is reasonable to expect from people whose health affects their ability to work, and what support they should receive.

[Childhood Obesity Reaches Highest Recorded Levels: OHA Response]
The Department of Health and Social Care has published the latest findings from the National Child Measurement Programme (NCMP), covering the 2025/26 academic year.

[Health Experts Warn Government is Running Out of Time to Deliver Promised Healthy Food Reforms]
Leading health organisations demand urgent action as delays threaten plans to address obesity and improve the nation's health.

['You're triggering me': How to understand your therapy-speak teen]
With claims of gaslighting, triggering and disrespecting boundaries, some parents are struggling to understand their teenagers' so-called therapy speak.