

Reports

[The state of health care and adult social care in England 2023/24](#)

State of Care is our annual assessment of health care and social care in England. The report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve.

[Tackling inequalities faced by minority groups in mental health through the Personalised Care Programme](#)

People from Black, Asian, and Minority Ethnic communities facing mental illness or distress encounter barriers in accessing personalised mental health care, including Personal Health Budgets (PHBs), essential for their safety and recovery. A report by the Association of Mental Health Providers, NHS England, and the Race Equality Foundation provides solutions to these disparities and offers key learnings to change this troubling reality.

[A space to be me](#)

Young Black people in the UK are more likely to struggle with mental health difficulties as a result of racism, discrimination and poverty. In recent years, young Black people's mental health has faced a succession of harms, from the disproportionate effects of Covid and the cost-of-living crisis, to the murder of George Floyd and the racist and Islamophobic riots across the UK in the summer of 2024. Despite facing disproportionate risks, young Black people face multiple barriers to mental health support, and as adults have far higher rates of being detained using the Mental Health Act and much poorer outcomes from services.

Publications

[Spotlight data tool: health outcomes for excluded groups](#)

Spotlight provides data related to health outcomes for inclusion health groups (people who typically experience social exclusion, multiple disadvantage and interacting risk factors for poor health).

[Reforming the Mental Health Act](#)

Time to tackle the links between financial difficulty and acute mental illness.

Guidance

[Nesta's blueprint for halving obesity](#)

Poor health caused by excess weight is one of the leading causes of death across the UK. Since the early 1990s, obesity rates have doubled, blighting people's lives and putting huge pressure on our NHS as well as damaging our economy through lost productivity.

Podcasts

[Children's mental health: Listen up - ADHD in children and young people](#)

In this informative episode, child psychiatrist Dr Jenny Parker provides an in-depth exploration of Attention Deficit Hyperactivity Disorder (ADHD), discussing its neurodevelopmental nature, common symptoms, and the effects it can have on children and young people.

[The art of deprescribing: The Maudsley Deprescribing Guidelines \(RCPsych Congress 2024\)](#)

Following their presentation at the Royal College of Psychiatrists' International Congress 2024, Dr Mark Horowitz and Professor David Taylor sat down with CPD eLearning Editor, Dr Howard Ryland, to discuss deprescribing psychotropic medications and the findings from their book, The Maudsley Deprescribing Guidelines.



Blogs

[Moving people's mindsets about health](#)

Healthy societies need all the right building blocks in place for people to thrive, including decent housing, secure jobs and safe, accessible spaces to be active and socialise. Because so many different factors affect our health, the responsibility for improving it can't just be the job of the health and care system – it must span all of government and wider society.

[What makes a good mental health needs assessment, and why does it matter?](#)

In every part of the UK, the public's mental health has been deteriorating in recent years. While this has been most marked among children and young people, it's clear from all the evidence available to us that mental health and wellbeing are poorer now than a decade ago, and the sharp rise in mental distress that occurred during the Covid-19 pandemic has yet to subside.

[Perspectives from a 'broken' system: why language matters](#)

The Prime Minister and Health Secretary have sparked debate by repeatedly stating that the NHS is broken. One poll by YouGov found that nearly two thirds of the public agree with this description, but what do NHS staff think? We have explored the views of staff that we work with as well as those who have spoken publicly on the issue to consider what impact this language might have on the system and its workers.

News

[Latest data shows twice as much flu among school children](#)

The latest weekly flu surveillance data published by UKHSA today shows flu case numbers are twice as high among school children, aged 5 to 14 years.

[UKHSA issues health advice following the half-term break](#)

The UK Health Security Agency (UKHSA) is reminding parents of the simple steps they can take to reduce the spread of stomach bugs and winter illnesses.

[1,400 libraries now offering people support to use NHS App](#)

The NHS is now offering the public support in how to access online health services including the NHS App at 1,400 libraries across England.

[NHS launches major new stroke campaign as thousands delay calling 999 by nearly 90 minutes](#)

Tens of thousands of people who have a stroke could be diagnosed and treated sooner as new data found that the average time between onset of first symptoms and a 999 call being made was nearly an hour and a half.

[Government crackdown on single-use vapes](#)

Ban on sale and supply of single-use vapes in England to come into force on 1 June 2025.

[New data laws unveiled to improve public services and boost UK economy by £10 billion](#)

A new Bill which will harness the enormous power of data to boost the UK economy by £10 billion, and free up millions of police and NHS staff hours has been introduced to Parliament today (Wednesday 23rd October).

[Tommy's announces updated pregnancy and post-birth wellbeing plan](#)

Pregnancy and baby charity Tommy's has updated its pregnancy and post-birth wellbeing plan. The plan is endorsed by NICE and updated with input from Mind, the Institute of Health Visitors, Netmums and the Centre for Emotional Health. The charity says it is important to look after your mental health during pregnancy and after birth. Getting help early can often stop things getting worse.



[More people are benefitting from NICE-recommended statins to reduce heart attacks and strokes](#)

Around 5.3 million people in England were given a NICE-recommended statin or ezetimibe by their GP to help reduce their cholesterol during 2023/24, the largest number on record and almost 900,000 more than in 2022/23.

[The OHA Welcomes the House of Lords Report: Recipe for Health](#)

The Food, Diet and Obesity Committee was appointed by the House of Lords on 24 January 2024 to consider the role of foods, such as 'ultra-processed foods', and foods high in fat, salt and sugar, in a healthy diet and tackling obesity. Following the evidence sessions in early 2024, featuring our director Katharine Jenner, the Committee have concluded that our food system is broken. The objective of their report, Recipe for Health: A plan to fix our broken food system is to set out a plan to fix it so we can all eat better diets and therefore live healthier lives.

[Frailty: research shows how to improve care](#)

People who live extra years of life in good health can participate in, and therefore strengthen, societies. However, extra years of life dominated by poor health and frailty increase dependency and the need for care.

[GPs warn patients not to ignore scabies symptoms](#)

Professor Kamila Hawthorne, Chair of the Royal College of GPs, said: "While not a serious condition, scabies can be very itchy and irritating, and can be easily contracted through close physical contact. If not properly treated, it can spread and increase a patient's risk of complications such as secondary skin infections or make existing skin conditions worse.

[Top-up Universal Credit payments for parents could prevent poor mental health for almost 100,000 people in England and Wales](#)

Introducing a weekly payment between £10 and £100 to Universal Credit for households with one or more children present would cause a significant reduction in poor mental health, a new study from the SIPHER Consortium and Mental Health Foundation has found. A similar policy, known as "Child Payment," is already in place in Scotland, at a rate of £26.70 per week.

[A Life Less Safe: telling the real stories of health inequities through research and film](#)

Two new studies and an accompanying short film have described the experiences of racially minoritised groups with physical and mental health conditions during the pandemic, depicting the inequalities they faced and continue to face.

[Drug-related deaths have risen by record numbers in England and Wales – latest data](#)

Deaths from drug use in England and Wales have risen by 11%, according to the latest annual data published by the Office for National Statistics (ONS). In 2023, there were 5,448 fatalities (93 deaths per million people) – the highest number of drug-related deaths since records began in 1993.

[Perimenopause linked with increased risk of bipolar and major depression](#)

Women going through perimenopause – the transition period surrounding the menopause – are more than twice as likely to develop bipolar disorder for the first time according to our research. Our study is the first to investigate the link between perimenopause and the onset of severe psychiatric conditions.

[Risk of "failing the future" if children and young people don't get the care they need, CQC warns](#)

Getting the right care, at the right time and in the right place is important for everyone. For children and young people, however, delays can have especially significant and lasting consequences. Some treatments and interventions are less effective if not administered at a specific age or developmental stage – and the opportunity to intervene can be missed completely if the wait for diagnosis is too long.

[NHS Confederation responds to CQC State of Care report](#)

“It is deeply worrying that the CQC has raised many concerns in this report that need to be addressed, particularly in relation to children’s services. Diagnosing and treating problems early can prevent much more long-term issues developing, reducing the risk of young people developing long-term mental or physical illnesses.”

[RCPsych responds to CQC State of Care report](#)

The Care Quality Commission (CQC) has published a new report which shows an increasing number of people are in need of vital mental health support.

[The King’s Fund responds to the annual Care Quality Commission State of care report, October 2024](#)

Responding to the Care Quality Commission’s (CQC) State of care report, Siva Anandaciva, Chief Analyst and Interim Co-Director of Policy at The King’s Fund.

[Autumn Budget NHS boost is welcome but mental health must get fair share, says Centre for Mental Health](#)

Today’s autumn statement indicates that the Government is not yet delivering on commitments to mental health and prevention, Centre for Mental Health said today.

[What the Budget means for mental health](#)

Minesh Patel, Associate Director of Policy and Influencing at Mind, takes an in-depth look at some of the key Budget announcements for mental health, what they mean and what the potential impacts will be.

[Mental health services must receive fair share of NHS funding boost, says RCPsych](#)

Responding to the Chancellor’s Autumn Budget, Dr Lade Smith CBE, President of the Royal College of Psychiatrists.

[AHA commends decision to increase most alcohol duty](#)

Responding to the Chancellor’s decision to increase most alcohol duty at the Autumn Budget today, Professor Sir Ian Gilmore, Chair of the Alcohol Health Alliance UK.