

## Factsheets

[CHM report into the safety implications of proposed puberty blockers legislation: factsheet](#)

Factsheet providing more information on the Commission on Human Medicines' independent report on the safety implications of proposed puberty blocker legislation.

## Guidance

[Community pharmacy: delivering substance misuse services](#)

Guidance and advice for community pharmacies in England providing services to people who use drugs and alcohol.

[Overweight and obesity management \[NG246\]](#)

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.

[Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years \[NG247\]](#)

This guideline covers nutrition and weight management in pregnancy for anyone who may become pregnant, is planning to become pregnant or is already pregnant, and nutrition in children up to 5 years. Care of babies and children born preterm or with low birth weight is not covered. The guideline does not give detailed advice on what constitutes a healthy diet.

## Toolkits

[Small steps to a healthier you](#)

When it comes to health and wellbeing, what we do today has a huge impact in the years and decades to come.

## Studies

[How to Approach a Child About Concerns for Their Mental Health and Seeking Help: A Delphi Expert Consensus Study to Develop Guidelines on Mental Health First Aid for Supporting Children](#)

Adults who live or work with children are an important source of support and are gateways to professional help when a child is experiencing a mental health problem. This study aimed to develop consensus-based guidelines on how adults such as parents, educators or health professionals should approach a child aged 5–12 years to discuss concerns about the child's mental health and seek help.

## Blogs

[Understanding the crisis in young people's mental health](#)

Professor Peter Fonagy, Head of the Division of Psychology and Language Sciences at UCL, argues that the mental health crisis among young people cannot be addressed without fundamentally rethinking how we support their development.

[Unravelling the rise in mental health-related inactivity](#)

Dr Annie Irvine, Lecturer in Social Policy and Public Management at the University of York School for Business and Society, argues we need to take a much more holistic approach to understanding capacity for work if we want to tackle mental health-related inactivity.



### [Mental health trends among working-age people](#)

The mental health of the working-age population appears to be getting worse. Over 10% of working-age people report signs of poor mental health across a range of data sources, including self-reported survey measures, screening tools and clinical diagnoses.

### [Tackling digital exclusion and health literacy: How libraries can help bridge the gap](#)

In today's digital age, managing your health online should be easier than ever – yet for many, it's still a challenge.

### [Why we need to signpost patients to credible health information](#)

Credible health information supports people to make decisions about everything from vaccination to surgery. People who use trustworthy health information report feeling more able to manage their health, more prepared for appointments and more confident engaging in shared decision-making. For people with long-term conditions, it is a core element of care. Reliable, evidence-based health information also helps ease pressure on NHS services.

### [Can NHS digitalisation improve women's health?](#)

For too long, the health of 51% of the population has been overlooked. Although women have more contact with health care providers – during maternity, for health screenings and due to their roles as carers – they still experience structural barriers that leave them feeling unheard, dismissed and underrepresented.

### [Local councils championing mental health in 2025](#)

As we enter the second quarter of the 21st century, it's worth reflecting on what a challenging period this has been for mental health and local government. The banking crash was followed by austerity, Brexit, Covid and the cost-of-living-crisis, all worsening circumstances for people's mental health and the local services which support them.

### [Moderating demand for NHS care needs much more attention](#)

It's time to revisit the Wanless report and fully engage the public to improve health and reduce demand for services, writes Professor Sir Chris Ham.

## News

### [Make your voice heard: How you can help shape the future of community mental health services](#)

Do you have experience living with mental illness, or of caring for someone who does? Do you think community mental health services need improving? Right now, you have a chance to help shape the future of community mental health by sharing your experiences directly with Members of Parliament.

### [King's launches the Atlas of Longitudinal Datasets to support mental health research](#)

Researchers at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London have launched a new free platform to allow people to discover hundreds of longitudinal mental health datasets, in partnership with Wellcome, MQ Mental Health Research and lived experience experts.

### [What is the impact of a gradual reduction of antipsychotics?](#)

In this podcast, Helen Saul, Editor in Chief of NIHR Evidence, discusses the impact of a gradual reduction of antipsychotics with study author Joanna Moncrieff, Professor of Critical and Social Psychiatry, UCL and Rachel Upthegrove, Professor of Psychiatry, formerly at the University of Birmingham and now at the University of Oxford & Consultant Psychiatrist, Early Intervention and Psychosis Services.

### [Hospitalisation for COVID-19 is linked with long-term mental health and thinking problems](#)

Researchers assessed the long-term mental health and cognitive abilities of people who were hospitalised with COVID-19.



[What is the impact of COVID-19 on memory and thinking?](#)

Brain fog (difficulty remembering, concentrating and thinking) has been linked with COVID-19.

[Older people who take statins live longer in better health](#)

People aged 70 and older who take statins live longer in good health than those who do not, regardless of whether they have cardiovascular disease, a modelling study found. Both standard and high-intensity treatment was cost-effective in this age group.

[NHS supports thousands more people back into work](#)

Almost 70,000 people with mental health issues were given employment support last year as part of the NHS Talking Therapies Programme – up nearly two-thirds on the year before, latest NHS figures show.

[NHS jabs tens of thousands more against flu than last winter](#)

NHS staff have ramped up the flu vaccination campaign by jabbing almost a quarter of a million more people this winter compared to last winter.

[Winter 2025: Health and Social Care Secretary's statement](#)

The Health and Social Care Secretary made a statement to the House of Commons on winter pressures.

[Shake up of tech and AI usage across NHS and other public services to deliver plan for change](#)

The government has announced a new plan to leverage technology and AI tools like "Humphrey" to streamline public services, eliminate delays through improved data sharing, and reduce costs, including consultant spending.