

Reports

[People caught in 'damaging cycle' of re-admittance to mental health services due to a lack of suitable community support, CQC reports](#)

As part of its monitoring activity in 2023/2024, CQC interviewed over 4,500 people who were detained under the Mental Health Act or 'sectioned', covering 870 wards, and speaking to relatives and people who were previously detained. This year's Monitoring the Mental Health Act report once again raises that a lack of staff, beds, and training, are leading to harmful gaps in care and treatment.

[Mind the age gap: making mental health matter across the life course](#)

Decision-makers around the world are failing to meet society's mental healthcare needs. This failure has negative economic and social consequences that will be magnified across our longer lives.

[A fundamental right](#)

Barriers and facilitators to voting and registration for people with mental health difficulties.

[How racism affects health](#)

This joint report with the Runnymede Trust highlights large and unacceptable variations in the experience of the building blocks of health according to ethnicity.

[The state of cyber security in adult social care](#)

A report examining the knowledge and understanding of cyber security, and level of cyber resilience, in the adult social care sector.

Guidance

[Hot weather risks and their impact on health](#)

Aims to raise awareness of the health impacts of hot weather.

[Cold weather risks and their impact on health](#)

Aims to raise awareness of the health impacts of cold weather.

Studies

[Co-Designing a Framework for Social Media Health Communication to Young People: A Participatory Research Study](#)

Social media became a key communication channel for public health agencies during the COVID-19 pandemic, especially for reaching younger populations less engaged with traditional channels. However, official social media health communication often fails to appeal to young people. Improving public health agency use of social media for health communication is vital to ensure health messages reach this priority population effectively, especially during public health emergencies.

[Stakeholders' perceptions and experiences of factors influencing the commissioning, delivery, and uptake of general health checks: a qualitative evidence synthesis](#)

General health checks are integral to preventive services in many healthcare systems. They are offered, for example, through national programmes or commercial providers. Usually, general health checks consist of several screening tests to assess the overall health of clients who present without symptoms, aiming to reduce the population's morbidity and mortality.



Podcasts

[‘Chemical soup’: the everyday exposures affecting our health – with Tracey Woodruff and Thomas Hartung](#)

There are around 350,000 synthetic chemicals in use today and only a small fraction have been robustly tested for their long-term effects on our health. Many are used in manufacturing plastics and microplastics – the production of which has doubled since 2008 and is projected to triple by 2060.

Blogs

[Community Mental Health Framework - making the vision a reality](#)

The Community Mental Health Framework provides a constructive vision for the expansion of services but it needs to be properly resourced.

[An update on the work of the ADHD Taskforce](#)

Attention deficit hyperactivity disorder (ADHD) affects people of all ages, although it typically originates in childhood.

[It's time to start talking openly about the impact of money worries](#)

Have you ever had a life-changing conversation? We often hear people saying how important a teacher was in their development, and the impact they had on their careers and lives. We also know health professionals play an important role in people’s most vulnerable moments – from treating life-threatening illnesses and managing chronic health conditions to accompanying them when their lives, or the lives of their loved ones, are facing the inevitable. When it comes to patients’ perception of the quality of these engagements, good communication is key.

News

[World’s largest quango scrapped under reforms to put patients first](#)

Changes to NHS England will reduce bureaucracy, make savings and empower NHS staff to deliver better care for patients.

[Frontline NHS staff facing rise in physical violence](#)

1 in 7 NHS staff (14.38%) experienced physical violence from patients, their relatives or other members of the public in 2024, according to the latest annual NHS staff survey.

[Mind responds to CQC’s annual Mental Health Act report](#)

The Care Quality Commission has today published its annual report, ‘Monitoring the Mental Health Act’, which looks at how providers are caring for patients nationally.

[SANE comments on CQC Mental Health Act report showing threadbare services leave patients facing barriers to care](#)

Many people with mental health needs are not getting the care they need, the Care Quality Commission (CQC) has highlighted in a new report.

[NHS Confederation responds to IFS report suggesting mental health has worsened since the pandemic](#)

Some of the most worrying trends are the rise in mental health conditions in children, young people and young adults.

[Community mental health services : evidence to Health and Social Care Select Committee inquiry](#)

The NHS Confederation's written evidence submission to the Health and Social Care Select Committee's inquiry on Community Mental Health Services.



[“Rise in people with mental illness being driven by real societal challenges and lack of available treatment” says RCPsych President](#)

The President of the Royal College of Psychiatrists responds to the Secretary of State for Health and Social Care, Wes Streeting’s comments that mental health conditions are being overdiagnosed.

[Mental Health Foundation responds to Health Secretary’s ‘overdiagnosis’ comment](#)

Today (Sunday 16 March) on Sunday with Laura Kuenssberg, the Secretary of State for Health and Social Care, Wes Streeting, made a comment agreeing there is currently an overdiagnosis of mental health problems.

[Diagnosis of mental health conditions ‘not taken lightly’ says College Chair](#)

RCGP responds to Health Secretary’s comments on mental health diagnoses, Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[Centre for Mental Health calls for evidence-informed mental health and social security policies](#)

Responding to the Health Secretary’s comments about overdiagnosis of mental health problems, Andy Bell, chief executive at Centre for Mental Health.

[“Disjointed and ultimately counterproductive” – our response to the welfare system announcements](#)

Secretary of State for Work and Pensions, Liz Kendall, has announced reforms to the benefits system. Commenting on the announcements, Mark Rowland, Chief Executive at the Mental Health Foundation.

[Cutting disability benefits is a major public health risk, says Centre for Mental Health](#)

Reducing the value or availability of disability and incapacity benefits will put people’s mental health at risk and will be a false economy for the Government, Centre for Mental Health warned today.

["These reforms should not simply be one-size fits all" President Lade Smith CBE comments on welfare reforms](#)

Secretary of State for Work and Pensions, Liz Kendall, has today (18 March 2025) announced a series of welfare reforms.

[Mind reacts to UK government Green Paper on benefit reform](#)

The Work and Pensions Secretary, Liz Kendall MP, has announced the benefits reform Green Paper, laying out the UK government’s proposals for changes to the country’s benefits system.

[SANE responds to government plans for changes to the welfare system](#)

The largest welfare reforms for a generation have been announced in a new government Green Paper.

[Taking a whole-school approach to children’s mental health](#)

Making mental health education statutory could be transformative for children and for the NHS, writes primary school headteacher Nic Wetton.

[Dr Arun Chopra appointed as CQC’s first Chief Inspector of Mental Health](#)

Arun was previously Medical Director of the Mental Welfare Commission for Scotland (2020-2024) and is one of the most recent recipients of the President’s Medal, awarded annually by the Royal College of Psychiatrists to individuals who have made a significant contribution towards improving the lives of people with mental illness. He recently returned to frontline clinical work as a Consultant Inpatient Psychiatrist at the Royal Edinburgh Hospital.

[Annual BMI checks recommended for adults with long-term conditions](#)

We’ve published a draft quality standard calling for yearly BMI and waist-to-height measurements to help prevent weight-related complications.

[RCGP advises caution over proposed wider roll-out of BMI checks](#)

RCGP responds to a new NICE draft standard on annual BMI checks for patients with chronic conditions, Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[Hospital at home and virtual wards: What works?](#)

Hospital at home and virtual wards provide safe alternatives to hospital care in the community. There is considerable variation in how they are operationalised at a local level. In general, their common feature is to provide healthcare in people's homes through a multidisciplinary clinical team. Care is delivered both remotely and face to face. They aim to help avoid admission as well as facilitate rapid discharge.

[‘Cuts or changes to services must not impede progress made towards smoke free society’ warns RCGP Chair](#)

RCGP responds to a University College London (UCL) study funded by Cancer Research UK on smoking rates, Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[More officers on streets to smoke out illicit tobacco and vapes](#)

More officers trained and funding provided as clampdown on illegal tobacco and vape trade accelerates.

[Vaping is linked with breathing issues in young people](#)

Vaping is increasingly common among young people. It is less harmful than smoking, but not without risk, particularly for people who have never smoked.

[Why nicotine pouches may not be the best choice to help you to stop smoking](#)

If you are trying to stop smoking, you may have heard of nicotine patches or gum to help reduce cravings. But how about nicotine pouches? Small, tobacco-free sachets containing a powder made up of nicotine, flavourings and other additives, nicotine patches are placed between the upper lip and gum to release a nicotine buzz without the damage to lungs.

[Killers with severe mental health issues are perceived as monsters – a terrible failure of academics like me](#)

According to an investigation by Hundred Families, a charity that supports and advocates for families affected by mental health homicides, each year an average of 65 mentally ill people carry out killings. Between 2018-2023, 390 mental health patients in England committed, or were suspected of, murder or manslaughter.

[Sir John Oldham appointed to help shape neighbourhood health plans](#)

Sir John Oldham brings extensive experience of working in the health sector and will work on emerging policy to support the government to deliver more care in the community.

[Culturally-adapted therapy improved postnatal depression in British South Asian women](#)

Cognitive behavioural therapy (CBT) is recommended for women with postnatal depression. But there is limited evidence for the effectiveness of this talking therapy in minority ethnic groups.

[University Mental Health Day 2025](#)

Recent research by Student Minds has shown:

- **1 in 4 students** have a diagnosed mental health condition.
- **30% of students** said their mental health became worse after starting university
- **1 in 4 students** don't know where to go for mental health support at university.

[Eight ways to reduce your stroke risk – no matter what age you are](#)

As a nurse working in a neurocritical care, I witnessed the sudden and devastating effects of stroke on survivors and their carers. Following my nursing career, I became a researcher specialising in stroke. Knowledge of stroke risk factors in the general public is poor, so stroke prevention is a priority for public health.

