

Reports

[Reaching out: Improving the physical health of people with severe mental illness](#)

People living with severe mental illness face a 15 to 20 year shorter life expectancy than the general population. This is largely due to physical illnesses that could be prevented or treated. One of the ways to tackle this unacceptable inequality is by ensuring everyone with severe mental illness is supported to access an annual physical health (PHSMI) check.

[RCPsych responds to parliamentary inquiry on Type 1 diabetes and eating disorders](#)

A parliamentary inquiry has highlighted that people with Type 1 diabetes and disordered eating face significant challenges when trying to access care. The inquiry, chaired by the former prime minister Theresa May MP and Sir George Howarth MP, has published a [new report](#) with several recommendations aimed at improving the level of support that is available.

[Helping people in alcohol and drug treatment services into work](#)

Summary of effectiveness, cost-effectiveness and qualitative findings from the Individual Placement and Support - Alcohol and Drug (IPS-AD) study.

[Skills and Health Inequalities in London](#)

The review 'Skills and Health Inequalities in London' sets out how the development of skills in adulthood makes an important contribution to improving health and reducing health inequalities. To be effective for health equity, skills programmes need to be widely accessible to communities who are living in deprivation, experiencing exclusion and discrimination, loneliness and isolation, have caring responsibilities, low levels of skills including English language, or poor mental or physical health, and whose quality of life and confidence can be improved by participating in skills building programmes.

Guidance

[Discharge from mental health inpatient settings](#)

Sets out how health and care systems should support the discharge of people from mental health inpatient settings.

[Discharging people at risk of or experiencing homelessness](#)

Guidance for staff involved in planning to discharge patients at risk of or experiencing homelessness, or who have no recourse to public funds.

[Hospital discharge and community support guidance](#)

Sets out how health and care systems should support the safe and timely discharge of people who no longer need to stay in hospital.

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

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

[Guidance for risk assessment and infection prevention and control measures for measles in healthcare settings](#)

This guidance is intended to support preparedness for and management of suspected or confirmed measles cases in healthcare settings.

Blogs

[What do we know about adults who combine smoking and at-risk drinking in England?](#)

In this blog, Dr Claire Garnett, Research Fellow at University of Bristol, talks us through her latest study looking at the prevalence and characteristics of adults in England who both smoke and drink alcohol at risky levels, the health impacts and the need for targeted support.

[1.3m people with mental health problems have cut back on food and energy to keep up with mortgage payments](#)

Homeowners with mental health problems are more likely to have cut back on food, energy and other essentials to keep up with mortgage payments, and are also at greater risk of falling behind on mortgage bills compared to other homeowners.

[Universal Credit and sanctions: the toll on people's mental health](#)

The Universal Credit (UC) system can be difficult for any person to navigate. This is especially true for people with mental health problems. Our report, Set up to fail, found that 57% of people felt that their mental health problems impacted their ability to apply for and manage their UC account.

[A new approach to defining 'place' that's supporting action on health inequalities](#)

Understanding how health relates to the places people live and work is key to designing policies that improve health, reduce inequalities, and deliver good social and economic outcomes.

["We need training in cultural sensitivity – we all want to help, but we're not aware of our unconscious biases"](#)

Marie Curie Deputy Head of Quality and Clinical Governance Rekha Vijayshankar shares her views on why ethnic inequity exists in advance care planning, and what we could do to tackle it and help people get the end of life care they want, regardless of their background.

News

[Disposable vapes banned to protect children's health](#)

Disposable vapes will be banned in the UK as part of ambitious government plans to tackle the rise in youth vaping and protect children's health.

[Government orders NHS trust review following Nottingham killings](#)

Health and Social Care Secretary Victoria Atkins has ordered a special review into Nottinghamshire Healthcare Foundation Trust which treated Valdo Calocane.

[Health Secretary announces new women's health priorities for 2024](#)

Problem periods, women's health research and support for domestic and sexual abuse victims are among the government's priorities.

[500,000 women benefit from cheaper hormone replacement therapy](#)

Half a million women in England have accessed cheaper HRT – the main treatment for negative menopause symptoms - since last April.

[NHS launches catch up campaign for missed MMR vaccines](#)

Millions of parents and carers in England are being urged to book their children in for their missed measles, mumps, and rubella (MMR) vaccine as part of a major new NHS drive to protect children from becoming seriously unwell, as measles cases continue to rise across the country.



[Thousands more young people urged to take up HPV vaccine to meet NHS cervical cancer elimination goal](#)

The NHS is urging young people and parents of 12 and 13-year-olds to ensure they consent to having the HPV vaccine, as new figures out today show around one in six girls and one in five boys are not fully vaccinated by year 10.

[Mind responds to Mental Health Act Annual Statistics](#)

Annual figures for detentions under the Mental Health Act in England, covering April 2022 to March 2023, have been published today by the NHS. Under the Act, people with mental health problems can be detained in hospital (or 'sectioned') for treatment, including by the police. Once discharged from hospital, they can also be made to return, if they are given a Community Treatment Order (CTO).

[It's time to tackle the trap of inequality and mental illness](#)

Data on Mental Health Act detentions in 2022/2023 in England¹ shows that Black people, and people living in areas of socio-economic deprivation, are more likely to be detained than any other group. This pattern has persisted for several years and reflects the vicious cycle of inequality and mental illness affecting too many patients.

[Community perinatal mental health teams reduce risk of mental health relapse after childbirth](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, and in partnership with the University of Exeter and the London School of Hygiene & Tropical Medicine, has found that women with a history of severe mental illness face a lower risk of relapse after giving birth in regions where they have access to a community perinatal mental health team (CPMHT).

[DECP welcomes calls for MPs to prioritise outdoor play for children](#)

Educational and child psychologists have welcomed a new inquiry into urban planning, urging action to promote play to help improve children's social, emotional and mental health.

[Calls for Chancellor to 'curb the mounting death toll from alcohol' ahead of Spring Budget](#)

A group of 35 leading health experts from the Alcohol Health Alliance (AHA) are urging the Chancellor of the Exchequer to increase alcohol duty by 2% above inflation in the upcoming Spring Budget. If implemented, the group say it will help to curb the mounting death toll from alcohol, reduce pressure on the NHS and generate revenue for the economy.

[Health Inequalities, Lives Cut Short](#)

A new report from the UCL Institute of Health Equity (IHE) has confirmed that a million people in 90% of areas in England lived shorter lives than they should between 2011 and the start of the pandemic.

[The King's Fund responds to the latest ONS life expectancy data](#)

'Today's ONS data shows the yawning gap in life expectancy between some of the most and least deprived areas of England.

["#HealthNow was one of the boldest and most extensive experiments this country has ever seen in harnessing lived experience participation."](#)

It was one of those moments that can feel like an eternity: the silence following an invitation to take the microphone in a room of people. But this one lasted seconds. It was a celebration event to mark the end of #HealthNow, a four-year National Lottery Community funded programme tackling homeless health inequalities. The room was filled with staff members from the three partner organisations – Groundswell, Crisis and Shelter – as well as various enthusiastic stakeholder and dozens of volunteers with lived experience of homelessness.

[How are social media influencing vaccination? Understanding online behaviour and health outcomes](#)

Social media platforms are transforming communication and the ways in which people access information about health. Despite the many benefits of these tools, concerns exist around the capacity for social media to enable proliferation of misinformation or scientifically invalid ideas, particularly around vaccination. How can we draw insights from research conducted using social media to understand its effects on beliefs and behaviours around vaccination, and to influence population health outcomes?

[Body image issues are rising in men – research suggests techniques to improve it](#)

Body image issues are sometimes thought to mainly affect women. But some surveys estimate around 28% of men aged 18 and over regularly struggle with their body image. Yet, despite evidence showing body image issues are on the rise in men, there's a distinct lack of awareness about the problem – alongside a dearth of assistance available to help them. Much of the support that's available still tends to focus on women.

[Measles is the most infectious disease known to science – adults should consider getting another MMR vaccine](#)

Imagine a disease more infectious than any other known to medical science, that would kill 2.6 million young children every year and leave millions more with deafness and even brain damage. It sounds like something from pandemic horror fiction, but such a disease does exist – measles.

[COVID barely gets a mention these days – here's why that's a dangerous situation](#)

The United States experienced its second largest COVID wave of the pandemic in January 2024. For the year to December 2023, in England COVID rates peaked at around one in 24 people. During the same month, Singapore also experienced record COVID cases and a spike in hospitalisations.