

## Guidance

[Bipolar disorder: assessment and management \[CG185\] Updated: 02 September 2025](#)

This guideline covers recognising, assessing and treating bipolar disorder (formerly known as manic depression) in children, young people and adults. The recommendations apply to bipolar I, bipolar II, mixed affective and rapid cycling disorders. It aims to improve access to treatment and quality of life in people with bipolar disorder.

[Enhanced therapeutic observation and care: developing a local policy](#)

This guide is designed to support trusts develop and implement their enhanced therapeutic observation and care (ETOC) policy.

## Briefings

[Crisis and acute mental health care](#)

Acute and crisis care are essential elements of the mental health system. At their best, these services save lives and are there for people when they need urgent help. But too many people struggle to get help in a crisis, and experiences of coercive care and hospitalisation can create traumas of their own. Rising levels of need for emergency mental health care, coupled with short-staffing and dilapidated buildings, are placing systems under major pressure.

## Campaigns

[For urgent action: campaign to vaccinate all frontline healthcare staff](#)

This letter explains that the staff flu vaccination campaign is a national priority and sets out next steps to support leaders and their teams to deliver a high impact programme this year.

## Cochrane Answers

[What are the effects of psychosocial breastfeeding support interventions for preventing postpartum depression?](#)

Psychosocial breastfeeding interventions may positively impact the incidence of depression in the short term, breastfeeding exclusivity in the medium term, and the proportion of women still breastfeeding at 12 months postpartum, but the overall evidence certainty is low, and more research is needed to understand long-term effects on breastfeeding exclusivity and maternal mental health.

## Surveys

[Professional strategy for nursing and midwifery](#)

We are calling on registered nurses, midwives, nursing associates and students across England to help shape the Professional Strategy for Nursing and Midwifery in England.

## Podcasts

[Intern Summer Special: Mental health in the age of AI](#)

As part of their summer internship at the Royal College of Psychiatrists, 17-year-olds Anisa and Barira took on the challenge of producing their very own podcast episode. Curious about the role of artificial intelligence in mental health, they sat down with Dr Prateek Varshney, a child psychiatrist and medical educator, to explore the promises and pitfalls of AI in psychiatry.

## Blogs

### [Attitudes towards new weight management medication in people living with severe mental illness \(SMI\)](#)

These monthly blog posts by the Public Mental Health Implementation Centre (PMHIC), 'Perspectives on public mental health', aim to highlight the voices of practitioners, patients, carers, and public health experts.

### [Fitness, mental health and me: breaking down the barriers to exercise with a severe mental illness](#)

I'm Hannah; I am an expert by lived experience with Equally Well UK and I have a severe mental illness. I say that I work for Equally Well first because that's how I choose to define myself, at first at least. Just because I have a severe mental illness, it doesn't define me as a person. However, it's a difficulty I don't choose to live with but have to endure.

### [Do we really understand what a healthy weight looks like for all ethnicities?](#)

Population health and prevention are top of the agenda for the government and the NHS. To understand whether progress is being made, we need benchmarks for health that can track health across the diversity of our population.

### [Jamie Oliver is right – this is how much fruit and veg we really should be eating every day](#)

Celebrity chef Jamie Oliver has stirred debate by calling the familiar five-a-day message "a lie". Speaking to the Times, he argued that the real health benefits of fruit and vegetables only start to add up at seven, eight or even 11 portions a day.

### [When healthcare advice feels like blame – the problem with 'Making Every Contact Count'](#)

Have you ever visited your GP for something specific – perhaps a sprained ankle or a routine check-up – only to find yourself receiving unsolicited advice about your weight, drinking habits or smoking? Sometimes this guidance feels supportive and timely. Other times it can feel intrusive, judgmental or irrelevant to why you're there.

### [Shifting care to the community: The challenges and the solutions](#)

From prevention to end-of-life care, community nurses have a vital role to play shaping the future of health care services as governments shift care from hospitals to community.

### [Building a Society of Health](#)

Luke Evans, Chair of the Public Health Forum and host of the podcast 'Society of Health' discusses why all nurses should have an understanding of system barriers to ill health.

### [The hidden shield: emotional support amid childhood poverty and adversity](#)

Adolescence is a pivotal stage of life. It is a period of growth, independence and discovery, but also a time when young people are particularly vulnerable. In the UK, growing levels of mental health problems among children and young people are a pressing concern, with prevalence and inequalities widening in recent years.

### [We need to talk about wealth inequality and mental health](#)

Wealth is something we're programmed not to talk about. Yet in a society where the distribution of wealth is so uneven, and the impacts of that inequality on our mental health are so pernicious, it's something we've got to face up to.

### [Trauma and the brain: accessible neuroscience for real-world therapy](#)

Ahead of her webinar, "The impact of psychological trauma on the brain", Dr Heather Sequeira discusses why understanding the brain changes everything and how it can help us, as practitioners, support our clients.

## News

### [Major investment needed to overhaul inconsistent mental health crisis care, says new report](#)

Crisis and inpatient mental health services require a major overhaul to provide care which is timely, compassionate and effective, a new report has said today.

### [No Neighbourhood Health Without Mental Health](#)

The NHS Ten Year Plan is centred on the concept of a Neighbourhood Health Service. It states that health services will increasingly be organised around clusters of general practices, serving populations of around 50,000 each. This is being done to achieve the Government's ambition to shift the balance of the NHS from treatment to prevention, from hospitals to communities, and from analogue to digital.

### [Doctors call for improved physical health monitoring for people prescribed psychiatric medication](#)

A major new Lancet Commission has called for people taking psychiatric medications — such as antidepressants, antipsychotics, and mood stabilisers - to receive proactive, ongoing physical health monitoring and support.

### [Largest ever study into cannabis use investigates risk of paranoia and poor mental health in the general population](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, in partnership with the University of Bath, has found that the reasons why a person chooses to use cannabis can increase their risk of developing paranoia.

### [NHS kicks off winter vaccine roll out with flu jabs for children and pregnant women](#)

Millions of children and pregnant women are set to get their flu vaccinations from today, as the NHS kicks off its vital autumn vaccine roll out to protect people ahead of winter.

### [Almost 1 in 5 children starting primary school are not fully protected against several serious diseases](#)

UKHSA and NHS England call for parents and healthcare workers to catch up on children's missed vaccinations as schools start the autumn term.

### [New healthier food standards to give babies best start in life](#)

Parents and carers across England will be able to shop for healthier food for their children with new guidelines.

### [New healthier food standards – will they give babies the best start in life?](#)

Many baby foods sold in the UK contain too much sugar, salt or inappropriate textures, despite being marketed as healthy options. This can mislead parents, fuel obesity and tooth decay in young children.

### [Study explores experiences of surveillance in prenatal women who use or who are in treatment for using drugs](#)

Using longitudinal qualitative methods, the study looked at the care pathways for women who are dependent on drugs perinatally. The paper focuses on women's experiences of care prenatally, and highlights their anxiety concerning social work referrals and the potential loss of their babies to the care system.

### [Social and economic deprivation associated with more severe symptoms of PTSD](#)

People who live in the most deprived areas of the UK experience post-traumatic stress disorder at three times the rate of those who live in more affluent areas.

### [Biggest shake-up in type 2 diabetes care in a decade announced](#)

Millions of people are set to benefit from earlier access to newer type 2 diabetes treatments – the biggest shake-up in care for a decade – as part of NICE's commitment to re-evaluate priority clinical pathways described in the 10-Year Health Plan for the NHS.

### [Banning the sale of high-caffeine energy drinks to children](#)

The government is seeking views on the proposed ban on the sale of high-caffeine energy drinks to children under the age of 16 years in England.

### [Energy Drinks are 'Not for Kids' – Consultation launches to ban selling high-caffeine energy drinks to children](#)

Following in the footsteps of many countries around the world, and delivering on Labour's Manifesto commitment, we are pleased to see the government moving forward with a consultation on a ban for selling high-caffeine energy drinks for under-16, due to negative impacts on children's physical and mental health.

### [New guidance launched to combat disability discrimination and improve support for NHS mental health staff](#)

Today the Royal College of Psychiatrists has launched 'Delivering for Disability' – a new campaign and guidance calling on mental health employers in England, to adopt 15 actions to help combat the disability discrimination of NHS staff.

### [Can you trust Google AI summaries when you're looking for health information?](#)

The short answer: no.

### [Doctors Horrified After Google's Healthcare AI Makes Up a Body Part That Does Not Exist in Humans](#)

Health practitioners are becoming increasingly uneasy about the medical community making widespread use of error-prone generative AI tools.

### [New help for patients battling obesity through pharmacies and community access](#)

Tens of thousands of NHS patients living with obesity could get cutting-edge help to improve their health, thanks to a new health innovation programme.

### [Thousands more checks, tests and scans available out of hours](#)

100 community diagnostic centres across the country now offer out-of-hours services, 12 hours a day, 7 days a week.

### [100,000 more people get quicker care thanks to GP funding reform](#)

An 'Advice and Guidance' scheme - backed by £80 million - that enables GPs to liaise with specialists, saw 113,000 more patients receive quicker care in April.

### [New Mental Health Foundation study shows 32-hour work week boosts staff wellbeing without harming productivity](#)

A year-long study of a 32-hour working week has shown improved mental health and wellbeing of staff without a negative impact on productivity, according to a new report published today by the Mental Health Foundation.