

Guidance

[Safeguarding children affected by a parent's alcohol or drug use](#)

How alcohol and drug treatment and recovery commissioners and providers can safeguard children affected by their parent or carer's alcohol or drug use.

[Children and young people's alcohol and drug services: framework](#)

This framework sets out guidance for designing, commissioning and providing alcohol and drug support for children and young people in England.

Reports

[Learning from national patient experience surveys: qualitative insights across care pathways](#)

This report brings together qualitative insights from 7 national patient experience surveys to identify common themes and variations in patient experience, highlight good practice, and identify areas for improvement.

[Future Minds: mid-term report card](#)

Future Minds's mid-parliament report card is an assessment of the Government's progress over the past two years in improving the mental health of children and young people.

Correspondence

[Keep Britain Working review update: a national growth opportunity, September 2026](#)

September 2026 update on implementing the independent review of employers' role in tackling health based economic inactivity and promoting healthy and inclusive workplaces to change outcomes, improve lives and drive growth.

Briefings

[Understanding local provision for Black maternal mental health](#)

Black women face a higher risk of developing mental health problems during and after pregnancy, yet are less likely to receive the support they need. Mental health problems remain a leading cause of maternal deaths.

[Children's in-school mental health programme alleviates pressures on services under strain](#)

How a classroom-based mental health education programme is preventing referrals to CAMHS, MHSTs and SENCOS.

Blogs

[What does the Prime Minister mean by a National Care Service?](#)

The Prime Minister's commitment to reforming social care has become emphatically clear again this week. After he pledged a National Care Service that is free at the point of use, Camille Oung looks at what "personal care" means and emphasises the need to be clear when it comes to terminology.

[Overprescribing can take a toll on older peoples' health and independence – here's what can be done](#)

Around 8 million people in the UK take five or more medications each day (known as polypharmacy), with a further 2 million people taking ten or more prescription drugs daily. The majority of people who take multiple medications each day are aged over 65.

[Swimming in a sea of stories: creating opportunities for children and young people to talk about their pain through storytelling](#)

As a children's nurse, I've listened to and engaged with countless stories told by children, young people and their families as well those told by colleagues. Many of these stories have been 'pain stories'; stories that reveal something about how pain affects a child's lifeworld.

[Covid fatigue linked to reduced brain blood flow](#)

Playing with your children or meeting a friend for coffee are everyday activities that many people move between without giving much thought to how much mental or physical energy they take.

[Staying in control of payments and data – and why it's so important to people with mental health problems](#)

Buying something from the shop or from a website is part of everyday life. Nowadays, all we need to do is just tap our phone or click 'buy now'.

[Reading, socialising and doing puzzles can help preserve cognitive health – large study shows](#)

Puzzles, brain-training games and hobbies have long been said to stave off cognitive decline. But while some research has shown that intensive brain-training programmes done over several weeks can reduce cognitive impairment, such interventions aren't very practical in daily life.

[One Year of Restricting Multibuys of Less Healthy Food – What Have We Learnt?](#)

BOGOFs (Buy-one-get-one-free). Once synonymous with the supermarket experience, and inspiring a myriad of similar multi-buy type deals. Together with sweets at the checkouts, they rightfully became the twin target of public health efforts in the mid-late 2010s to reduce excess calories in our shopping baskets, and make healthier choices easier.

News

[Support for families and babies rolled out to all family hubs](#)

Government expands Healthy Babies support, boosts adult social care workforce and backs NHS action on violence against women.

[NHS to expand 'life-saving' Martha's Rule to all A&Es](#)

The NHS is expanding Martha's Rule to all hospital A&E departments and waiting rooms to further boost patient safety for some of the most vulnerable patients.

[NHS protects thousands of rough sleepers ahead of winter with vital vaccines](#)

Tens of thousands of people experiencing homelessness can now get vital protection from potentially serious winter viruses with a free NHS vaccine.

[Cannabis use linked to higher risk of violence, major review finds](#)

People who use cannabis are more likely both to carry out violent acts and to experience violence, according to one of the most comprehensive reviews of the evidence to date.

[We respond to announcement of national care service](#)

The prime minister Andy Burnham has announced plans for a national care service. Under the proposals, social care would be free at the point of need.

[New RCGP report finds GPs do not have enough time to offer preventative care](#)

Patients trust their GP most for advice on healthy living – but RCGP research shows three quarters lack the time to offer it.

[New collection of health resources offers trusted information to students](#)

The collection has been put together by the Patient Information Forum (PIF) as part of their work within the National Year of Reading to help young people find the information they need to take care of their health at university or college and is endorsed by GPs.

[Higher daily step counts linked to fewer mental health problems in early adolescence](#)

Every extra walk to school, kickabout in the park or trip to the shops could be doing more for teenage mental health than first thought, according to new research tracking thousands of adolescents in the US.

[Paper finds self-care is common – but not equally accessible](#)

A second paper on the results from the Self-Care Forum's Living Self-Care Survey Study has revealed health inequalities amid uneven confidence.

[Mind reacts to potential changes to benefits in England](#)

News that the Department for Work and Pensions (DWP) is considering making significant changes to disability benefits affecting young people has appeared in the Guardian this morning.