It was great to catch up with the Mental Health Policy Group in Parliament today. I met with experts in understanding mental health from the Royal College of Psychiatrists, the Centre for Mental Health, Rethink Mental Illness, MIND, and the Mental Health Foundation.

We talked at length about the work of the Mental Health taskforce and what the NHS can be doing to improve mental-wellbeing across the United Kingdom. You can read more about the task force's work here.