Evidence-Based Mental Health

Evidence-Based Mental Health aims to “engage” psychiatrists and psychologists, particularly younger professionals, in the challenge of basing their practice on evidence. It aims to provide material to allow professionals to develop the necessary skills, practice evidence-based mental health in their own practices, and keep up to the latest evidence in the field and the ever expanding suite of evidence-based approaches, joining the growing community of people with active interest in EBMH across the world.

From the Editor

The scope of Evidence-Based Mental Health is to introduce and promote the practice of evidence-based medicine in mental health across the world. This means that we are not interested in simply selecting and disseminating the best evidence by itself. Scientific literature is continuously made available (sometimes too much and too often misleading) with websites and other sources regularly updating, almost in real time, with the latest content. Our mission is rather different. We want to help interested readers learn how to select and use the best available evidence to answer their questions and markedly improve their own clinical practice. This journal should be seen (and built) as a tool to learn how to practice evidence-based medicine in the context of specific and diverse mental health clinical settings across the world.

Despite the fact that practicing within the frame of evidence-based medicine is the most robust approach we have today to improve care and limit risks for our patients, practicing evidence-based medicine is not a one-size-fits-all approach. Evidence-based medicine is not like following a recipe: it is not a negative (but constructive), and look forward to interaction and collaboration with our readers to make EBMH as useful, meaningful and fun as possible.

@And_Cipriani  http://blogs.bmj.com/ebmh/

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Contact Details

Editorial Offices
Bazian Ltd, 20 Cabot Square, London E14 40W, UK  
T: +44 (0)20 7576 8366  
E: journals@bazian.com  
Twitter: @EBMentalHealth

BMJ Publishing Group Ltd, BMA House, Tavistock Square, London WC1H 9JR, UK  
T: +44 (0)20 7387 6057  
http://ebmh.bmj.com/fora

Production Editor  
Kelly Stroud  
E: production.ebmh@bmj.com

Permissions  
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E: support@bmj.com  
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Display Advertising Sales  
Sophie Fitzsimmons (Sales Manager)  
T: +44 (0)20 7383 6783  
E: sfitzsimmons@bmj.com  
http://group.bmj.com/advertising

Online Advertising Sales  
Marc Clifford (Sales Manager)  
T: +44 (0) 20 7383 6161  
E: mcclifford@bmj.com  
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Author Reprints  
T: +44 (0) 20 7383 6305  
E: admin.reprints@bmj.com

Commercial Reprints (except USA & Canada)  
Nadia Gurney-Randall  
T: +44 (0) 20 8465 5825  
M: +44 (0)7866 262344  
E: ngurneyrandall@bmj.com

Commercial Reprints (USA & Canada)  
Marsha Fogler  
T: +1 800 482 1450 (toll free in the USA)  
T: +1 856 489 4446 (outside the USA)  
E: mfogler@bmj.com