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.

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Subscription Information

Evidence-Based Mental Health is published quarterly.

Institutional Rates 2017

Print
£362; US$706; €489

Online Only
Site licences are priced on FTE basis and allow access by the whole institution.

ISSN 1362-0347 (print) 1468-960X (online)

Personal print or online only and institutional print subscriptions may be purchased online at http://ebmh.bmj.com/site/help/index.xhtml (payment by MasterCard/Visa only).

Personal Rates 2017

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£146; US$285; €198

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£81; US$158; €110

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£13.20; US$19.50; €13.50

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