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Evidence-Based Mental Health is published by BMJ Publishing Group Ltd, the British Psychological Society and the Royal College of Psychiatrists, typeset by Exeter Premedia and printed in the UK on acid-free paper.

Evidence-Based Mental Health (ISSN 1362-0347) is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431.

POSTMASTER: Send address changes to

Evidence-Based Mental Health, Air Business Ltd, c/o Worldnet, Shipping Inc. 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

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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 2020

Print

£422

Online only

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

ISSN 1362-0347 (print)

ISSN 1468-960X (online)

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Print (includes online access at no additional cost)

£171

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