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WELCOME LETTER

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Welcome Letter

Stavros Stathopoulos

1. Chief Editor, Journal of Physiotherapy in Mental Health.

Dear Esteemed Readers and Contributors,

I am delighted to welcome you to the inaugural issue of the *Journal of Physiotherapy in Mental Health*, a groundbreaking endeavor that marks a significant milestone in the intersection of physical therapy and mental health.

In establishing this journal, our vision was clear — to create a platform that bridges the gap between the fields of physiotherapy and mental health, recognizing the profound impact that physical well-being can have on mental wellness. As the first-of-its-kind publication worldwide, this journal is a testament to the evolving landscape of healthcare, where interdisciplinary collaboration is not just encouraged but essential.

In this inaugural issue, you will find a collection of research articles, reviews, and insights that reflect the diverse facets of physiotherapy's role in mental health. From evidence-based practices to innovative interventions, each contribution has been carefully curated to provide a comprehensive view of the burgeoning field.

Physiotherapy is not confined to the physical; it extends its healing touch to the realms of mental and emotional well-being. Our journal is a testament to the dedication of researchers, clinicians, and academics who have tirelessly worked to unravel the complexities and potentials of this dynamic connection.

As the Chief Editor, I extend my deepest gratitude to all contributors for their invaluable insights and unwavering commitment to advancing the understanding of physiotherapy in mental health. Your work lays the foundation for future breakthroughs and contributes to the holistic approach we aspire to bring to mental healthcare.

To our readers, I invite you to immerse yourselves in the wealth of knowledge presented in these pages. Let this journal be a source of inspiration, sparking new ideas and collaborations that propel our collective understanding of the symbiotic relationship between physical and mental health.

The journey ahead is both exciting and challenging, but with your continued support and engagement, the *Journal of Physiotherapy in Mental Health* will evolve into a beacon of excellence, guiding the way for practitioners, researchers, and advocates alike.

Thank you for joining us on this pioneering venture. Together, let's unlock new frontiers in the integration of physiotherapy and mental health.

Warm regards,

Stavros Stathopoulos

Chief Editor