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## Editorial

**Carla Oda Moreno**

1. Professor, Universidade Paulista, Brazil.
2. Editorial Board Member, Journal of Physiotherapy in Mental Health.
3. President and Founding Member, Brazilian Institute for Health and Integral Development (IBRASDI).

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It is with great satisfaction that we present the second edition of the Journal of Physiotherapy in Mental Health, an important initiative in disseminating knowledge and strengthening our field.

Working in Mental Health initially means recognizing that we live in a complex, diverse, and fast-paced society, which demands a great deal of mental—and, of course, physical—flexibility, as adapting to new situations and realities is a constant.

Incredible technological advances, alarming climate changes, socioeconomic inequalities, global conflicts... All of these shape the reality we face and that we perceive through our bodies. How do our bodies react to this reality?

Considering that everyone has the right to health, we urgently need care and approaches that consider the human being in their essence and entirety.

This journal represents a collective commitment to promoting integral health on a global scale, based on the strength of science, international collaboration, and the transformative power of inclusion.

Open access ensures that the knowledge produced is available to everyone, without financial or institutional barriers. This model not only democratizes information but also broadens the impact of scientific production, reaching students, professionals, institutions, and communities around the world. Science only advances when it is shared, and open access is a fundamental pillar of this mission.

The diversity of perspectives brought by the collaboration of authors, reviewers, and readers from different countries makes this publication an indispensable reference. The global gathering enables an exchange of experiences and knowledge that transcends borders, enriching our understanding of the interactions between physiotherapy and mental health. From the realities of developing countries to contributions from international centers of excellence, everyone has something valuable to offer in strengthening our field.

It is also worth highlighting the meeting of generations. The journal has a committee of students and early-career professionals and is positioned as a space where experienced researchers, renowned professors, and young physiotherapists dialogue and build together. This intergenerational exchange strengthens the legacy of physiotherapy in mental health and fosters innovation, inspiring new approaches and encouraging the enthusiasm of future leaders in the field.

This commitment to early professional development is a bet on the future, ensuring that upcoming generations participate in building a responsible scientific field.

The journal's editorial policy is also aligned with the values of equity, diversity, and inclusion. There is a conscious effort to ensure that all voices—regardless of gender, ethnic origin, sexual orientation, religious belief, or socioeconomic condition—are represented and valued. This commitment is not only ethical but essential to producing science that is truly relevant and comprehensive.

We invite you, dear reader, to explore this edition with the same enthusiasm we had in preparing it. We hope that the articles presented here will inspire, challenge, and promote deep reflection.

More than a publication, this journal is a meeting point, where each one of us can contribute to the advancement of Physiotherapy in Mental Health and the wellbeing of the communities we serve. We know how much acceptance, inclusion, respect, and collaboration make a difference in building a better world.

We thank all authors, reviewers, readers, and associated institutions for being part of this journey!

Let us continue together, collaborating, innovating, and building a healthier and more inclusive future.

Wishing you a pleasant reading!

A warm hug from Brazil,

**Carla Oda Moreno**