Maryam: Guys, wouldn't it be great if there was a podcast about mental health, but by mental health researchers?

Carolina: Yeah. I feel like there's so much out there on mental health, because people want to know what's the science behind it, but so much of what's out there feels really academic.

Juliette: Oh yeah. I want something relaxed; you know? Like sometimes I want the facts, but I don't want to attend a whole lecture.

Maryam: Why don't we do it then?

Juliette: Yeah, let's do it!

Carolina: Let's do it.

Juliette: Our podcast could be like the place where we just nerd out about, you know, like hot and fresh mental health research.

Maryam: And we could have cool guests who talk about their work and their perspectives as well.

Carolina: Everything seems to be about inflammation these days. What about inflammation and its effects on mental health?

Juliette: I need to understand what superfoods do to our brain and what that is about.

Carolina: Right? What about anti-inflammatory foods? Can we eat our way out of depression?

Juliette: [laughs]

Maryam: You know, I'd actually like to hear more about art as a tool to speak about mental health, especially within underrepresented communities.

Juliette: I totally agree with that because I think we all turned to art during the big pandemic moment we had.

Carolina: Now I think we should stop teasing our listeners and introduce ourselves.
[00:01:09] **Maryam:** I'm Maryam; I'm a researcher working on adolescent mental health in London.

[00:01:13] **Juliette:** I'm Juliette; I'm a neuroscientist working on depression and early life stress.

[00:01:18] **Carolina:** And I'm Carolina, a researcher on arts and psychiatry, and together…

[00:01:23] **Maryam:** And together…

[00:01:24] **Carolina:** …we are…

[00:01:25] **Juliette:** …your hosts! Welcome to *At the Back of Your Mind*, the *InSPIre the Mind* podcast that brings you the science on mental health, with a no-nonsense attitude. We'll be joined by fabulous guests, brilliant scientists, vibrant speakers, and Brian May's biggest fan.

[00:01:41] **Carolina:** Join us every two weeks for brand new episodes.

[00:01:44] **Maryam:** Grab a cup of tea and we'll dive into exactly what is at the back of your mind today.

[00:01:51] **Juliette:** That was beautiful! [laughs]