Describes the relevant background and principles underlying the concept of service user involvement in mental health research, providing relevant practical advice on how to engage with service users and how to build and maintain research collaboration on a professional level.

The book highlights common practical problems in service user involvement, based on experience from various countries with different social policies and suggests ways to avoid pitfalls and common difficulties.

It helps researchers decide which level of service user involvement will be adequate for their research activities and what will be feasible in view of the practicalities involved. It is also ideal for service users who are interested in becoming involved in research, providing relevant background information on the possibilities of involvement in professional research.