We are pleased that you are participating in our project. Please fill in the profile and answer the questions below. The text including interview questions should be about 4000 characters long. Please note the notices on the second page.

***Person affected:*** *Name xxx (it is not necessary to give the civil name)*

***Personal statement:*** *xxx (e.g. “And I still keep getting up”)*

***Year of birth:*** *xxx*

***Diagnose(s):*** *xxx (e.g. Generalized anxiety disorder)*

***Therapies:*** *xxx*

***Resources:*** *xxx (e.g. reading, sports, friends, painting)*

**How and when did you learn about your illness?**

**Why did you decide to show your face now?**

**How did your environment react when they heard about your illness, and how would you like your environment (and society) to deal with your illness?**

**What things have helped you most to accept the disease?**

**What resources do you use in crisis situations?**

**What would you like to share with other affected people?**

**What would you like to share with other relatives? How can they best help you (on the one hand) and themselves (on the other)?**

**What makes up your character and which characteristic do you value most about yourself?**

*Here you can enter your blog/your homepage, if available. This link is then below the post.*

**Declaration of consent**

**Please type in your name and email address for internal purposes and send the form together with a picture of you to fragebogen@mutmachleute**

Hereby *(name)* agrees that the content of this form and the accompanying picture sent by e-mail to fragebogen@mutmachleute may be used for the site www.mutmachleute.de and in the social networks of the project #Mutmachleute.

*email address:*

*Facebook/Twitter/Instagram profile (optional) for linking:*

**Meaning of #Mutmachleute:**

Mutmachleute is a German word composed of

Encouragement and people

All people who encourage here are affected by a mental illness and encourage others in a positive way. The association Mutmachleute is the initiator of the campaign and also encourages. So both sides are meant. The association is non-profit and is financed by donations.