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.

**Steckbrief:**

Relative of: xxx
Personal statement:: xxx
Vintage: xxx
Help offers that you use: xxx (e.g. support group for relatives)
Ressources: xxx (e.g. reading, sports, friends)

**How did you find out about the illness of your relative(s)? What was your first reaction?**

**Why do you want to encourage other relatives?**

**What has helped you most in dealing with the diagnosis of your relative(s)? What support services for relatives do you use?**

**From what do you draw new strength for yourself personally, in moments when you feel weak?**

**How can you help your family member in difficult situations and crises?**

**What are your wishes – for yourself and your relative?**

*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.

**Emailadress:**

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.