

The Palatinate makes itself/you strong

- The Comic -



Dear readers

We need resilience because everyone experiences ups and downs in private life, at work, in financial matters, their social environment or on an emotional level.

These crises are different for everyone but there are solutions that help to cope with these ups and downs.

With this long overdue comic about resilience we do not want to introduce you to mental resistance in general. We are, however, very pleased to give you an understanding of resilience on a psychological level by using simple images and easy language.

We would like to show you possible solutions that are important to us as the state association of ex-users of mental health services because they can reveal our path out of hopelessness so that you do not have to despair.

I hope you enjoy reading.

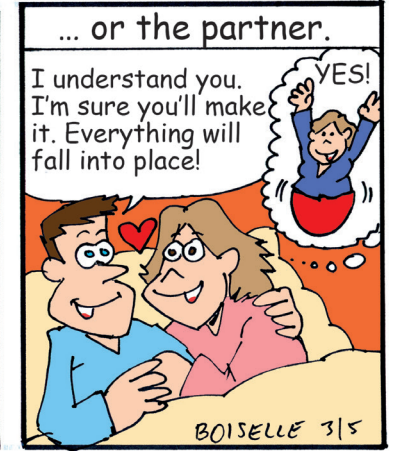
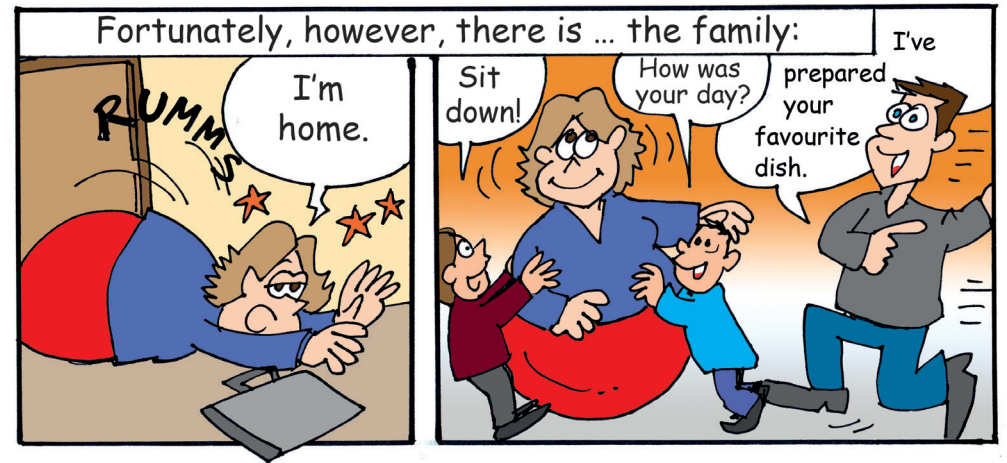
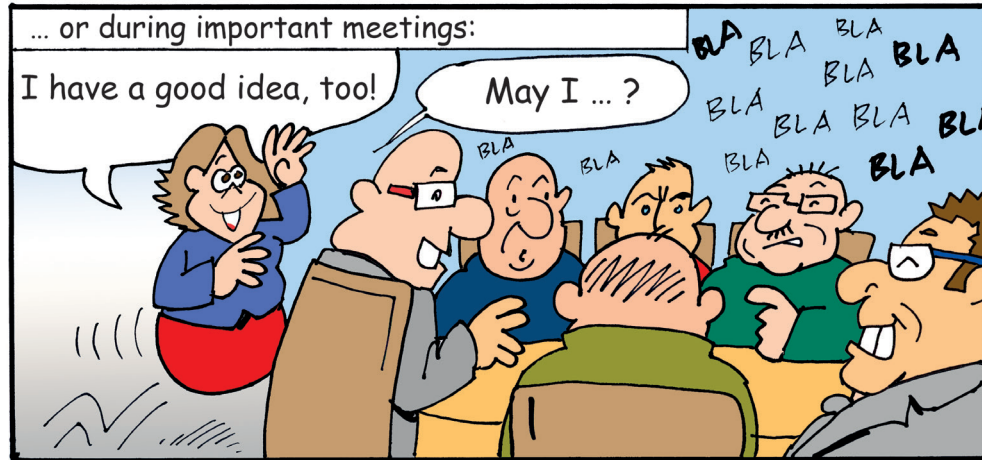
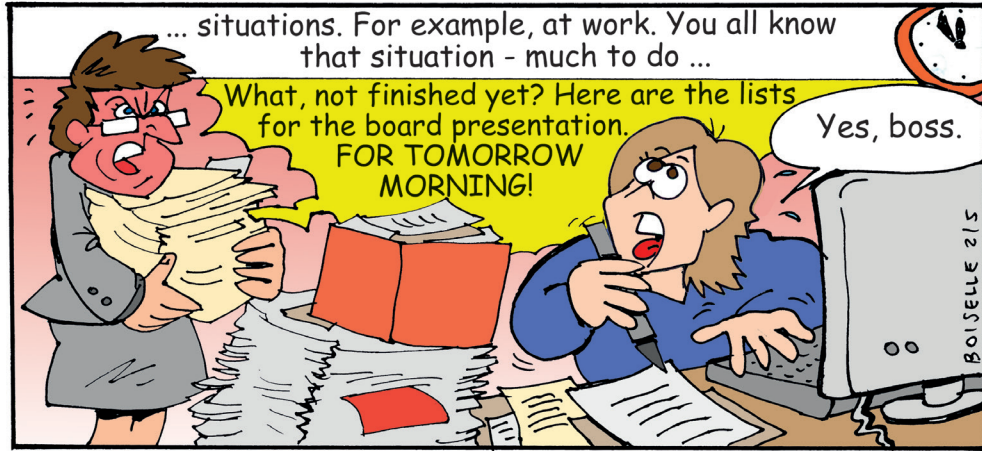
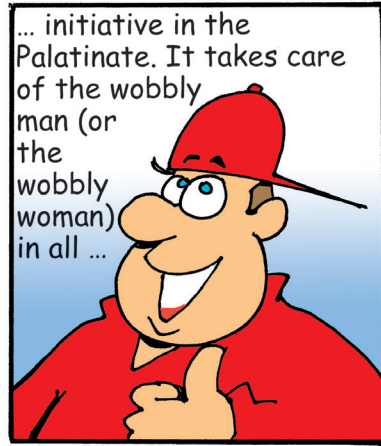
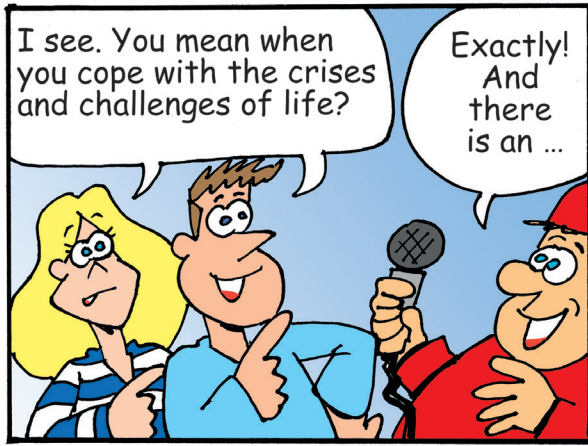
Yours sincerely

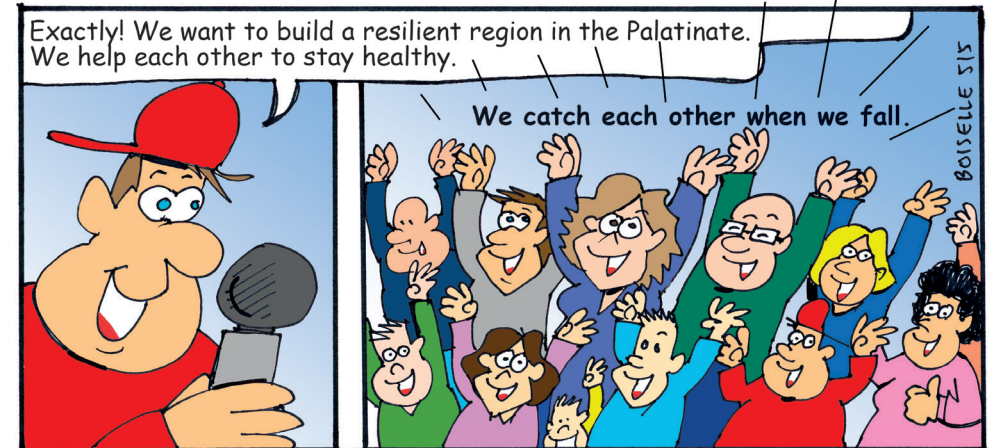
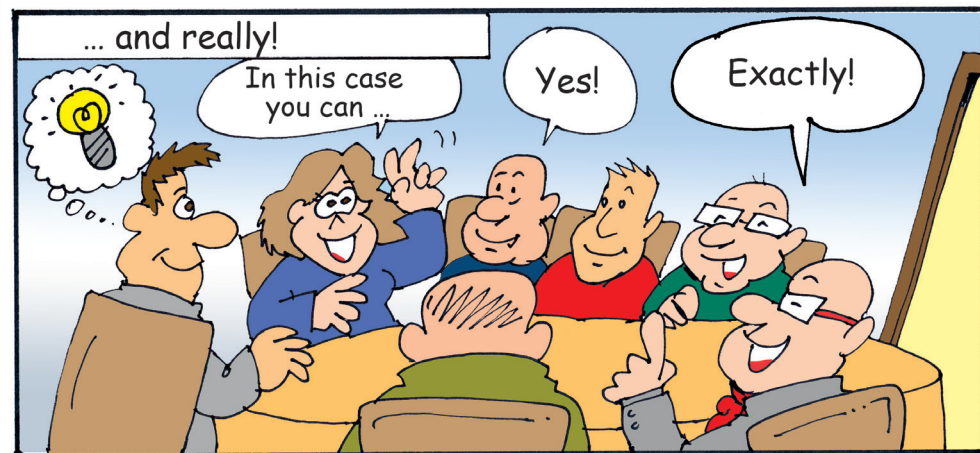
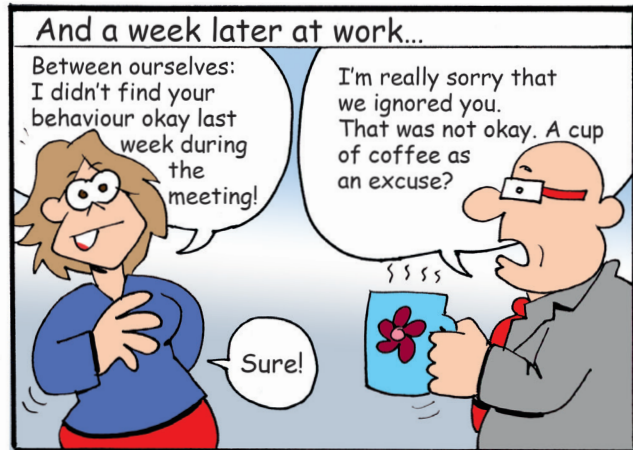
Franz-Josef Wagner

Chairman and CEO of the state association of ex-users of mental health services in the Palatinate

(Landesverband Psychiatrie-Erfahrener Rheinland-Pfalz)







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For more information and contact please visit:
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