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psychische Gesundheit ist ein zentraler Bestandteil der menschlichen Existenz und beeinflusst unser Denken, Fühlen und Handeln. Ein gesunder Geist ist die Grundlage für ein erfülltes Leben und die Fähigkeit, Herausforderungen zu meistern. Die Förderung der psychischen Gesundheit ist daher eine wichtige Aufgabe für die Gesellschaft und die Politik.

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