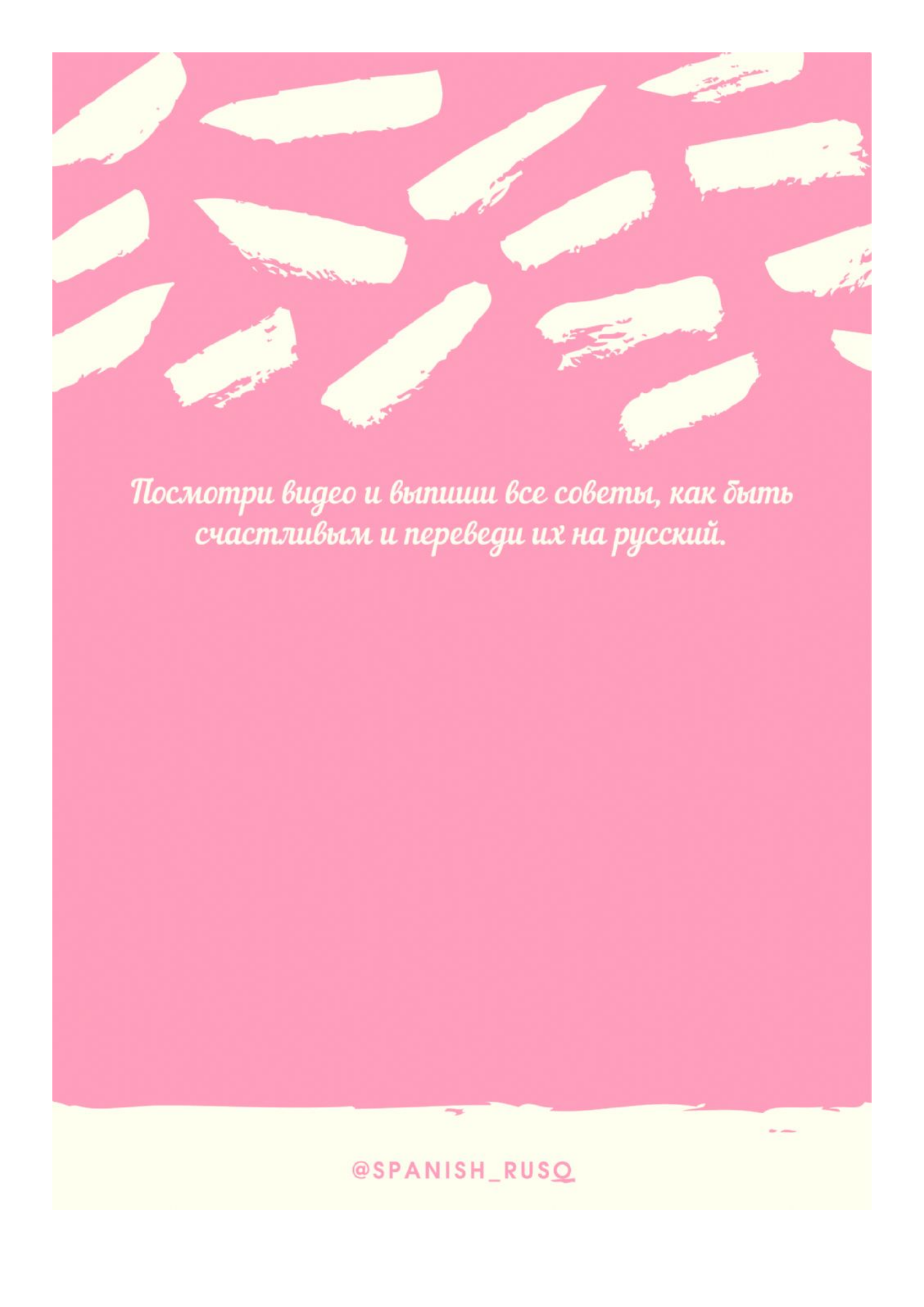


The background is a solid pink color. In the upper half, there are several white, horizontal, brushstroke-like marks of varying lengths and thicknesses, scattered across the top. The text is centered in the middle of the image.

Посмотри видео и выпиши все советы, как быть счастливым и переведи их на русский.

[@SPANISH_RUSQ](https://www.instagram.com/SPANISH_RUSQ)

the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has increased (Mental Health Act 1983, 1990, 1994, 1997, 2003, 2007, 2010, 2013, 2017, 2020).

The purpose of this study was to explore the experiences of people with a mental health problem who are in contact with mental health services, and to explore the experiences of people with a mental health problem who are not in contact with mental health services. The study was a qualitative study, and the data were collected through semi-structured interviews.

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