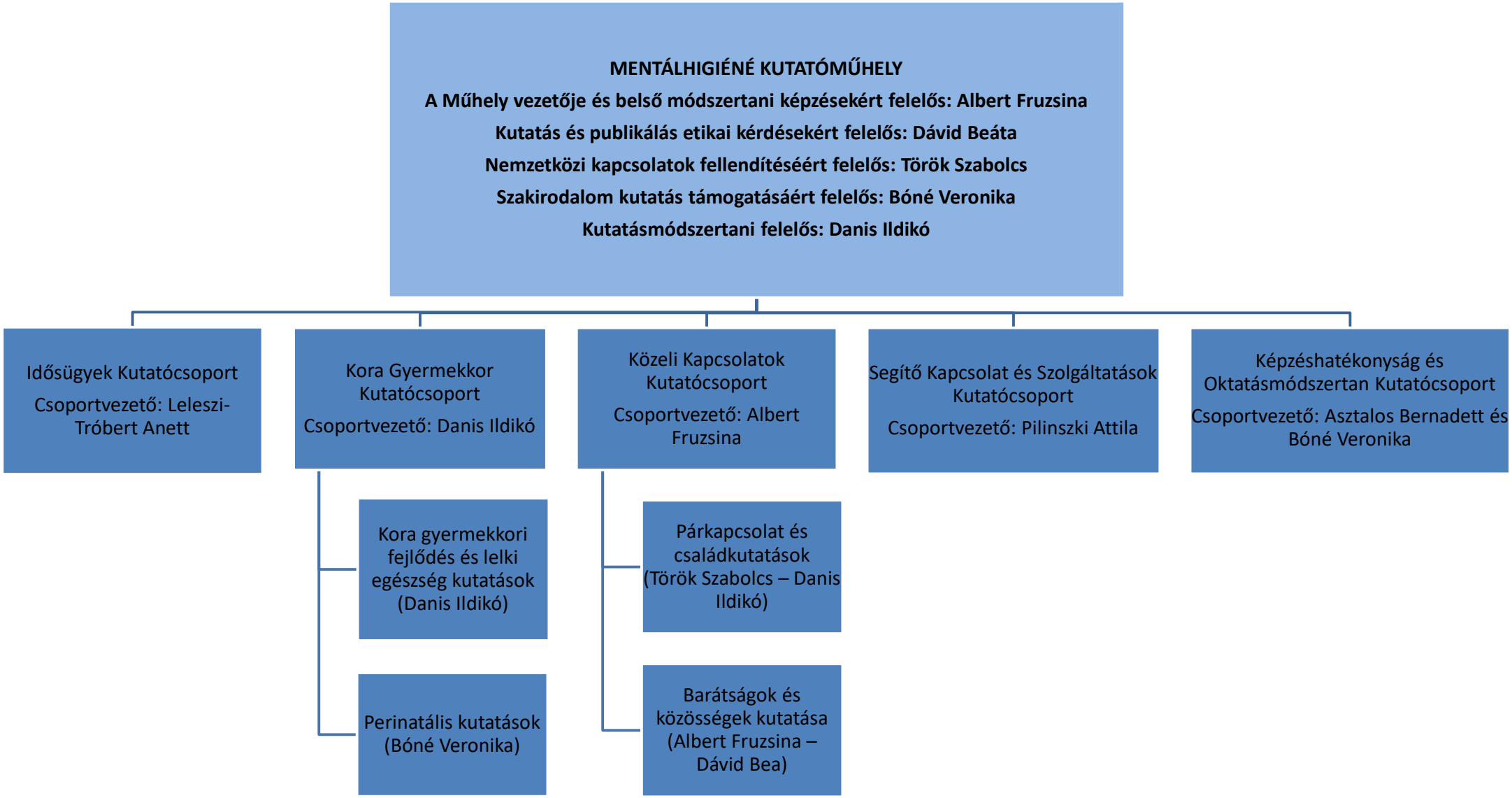Mentálhigiéné Kutatóműhely (MKM)