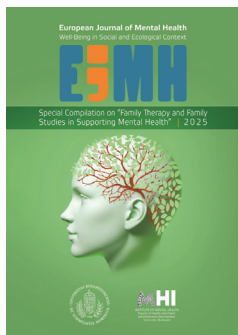


Hungary enjoyed a postcard-perfect autumn this year: vibrant leaves, golden sunlight, and just enough lingering warmth in the air—a reminder of both beauty and change.

As Martin Seligman (2011) wrote, well-being, like the weather, cannot be measured directly but arises from many elements interpreted through experience and context. The *European Journal of Mental Health (EJMH)* seeks to capture this same complexity—publishing works that bridge disciplines, cultures, and perspectives on human flourishing. We celebrate every new international board member and the publication of a very successful Special Compilation while continuing to work hard to sustain a university-based, non-profit, "artisanal" journal—standing for thoughtful, human-centered publishing in a field increasingly dominated by big corporations, automation, and AI-driven systems. Click [\[here\]](#) to get to know our editors!



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