
We rise by lifting others



IF YOU CAN SURVIVE THE WAR WITH YOURSELF THEN YOU CAN SURVIVE ANY WAR IN THE WORLD.



TOGETHER WE CAN BREAK DOWN MENTAL HEALTH STIGMA

Our vision

AS ONE OF THE FEW MENTAL HEALTH ORGANIZATIONS IN TUNISIA, WE STRIVE TO RAISE AWARENESS ABOUT MENTAL HEALTH ISSUES THAT HAVE SKYROCKETED OVER THE PAST THIRTY YEARS. WE WILL BE THERE FOR THOSE WHO ARE IN NEED OF SUPPORT BY LISTENING TO THEM AND URGING THEM TO VISIT SPECIALISTS TO IDENTIFY THEIR MENTAL HEALTH ISSUES. EVEN THOSE WHO CANNOT AFFORD PSYCHOLOGICAL ASSISTANCE CAN REACH US AND WE WILL PROVIDE TREATMENT FOR FREE.

ALSO, WE ASPIRE TO RELEASE MENTAL HEALTH STIGMA INSIDE OUR SOCIETY WHICH CAN FEEL LIKE OVERWHELMING OBSTACLES FOR SOMEONE WHO IS STRUGGLING WITH A MENTAL HEALTH CONDITION. IN FACT, IT AFFECTS NOT ONLY THE NUMBER SEEKING TREATMENT, BUT ALSO THE NUMBER OF RESOURCES AVAILABLE FOR PROPER TREATMENT.

Our values



EMPATHY

HELPS US FOCUS ON LISTENING AND UNDERSTANDING



SOCIAL INCLUSION

WE WILL FIGHT ANY STIGMA AND PROMOTE POSITIVE ATTITUDES TOWARDS MENTAL HEALTH



PROMOTING POSITIVE ATTITUDES

EVERY PERSON HAS THE RIGHT AND RESPONSIBILITIES TO FULL POTENTIAL IN OUR SOCIETY, THE RIGHT TO BE TREATED WITH COMPASSION, RESPECT AND DIGNITY, FREE FROM STIGMA AND PREJUDICE