



# ASSOCIATION FOR MUTUAL AID IN MENTAL DISTRESS “FENIX” Tuzla, Bosnia and Herzegovina

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Vahid Đulović, President of the Association

**MISSION:** “Fenix” is an important stakeholder in the creation of mental health policy, is self-sustained organisation with a strong network of a other smaller branches of the organisation in Tuzla Canton and with developed social cooperation with the governmental sector, civil society, private business and international organisations.

**VISION:** Association “Fenix” is a strong non-governmental organisation which, in co-operation with government, non-governmental organisations and the private sector, represents a recognisable stakeholder in the creation of mental health policy aiming at involving users in the socio-economic processes.

## Humble beginnings:

We set off in 2000, from the old Psychiatric clinic in Tuzla.



All we had at the time was this typewriter, our “laptop” as we called it.



We soon moved downtown, but it was only in 2007 that Fenix entered current premises on the outskirts of the city. We did the decoration and expansion ourselves.



Fenix in 2007.

In 2015.



## Today:

We boast of being a unique users-run organization in this part of the world. Users are the sole decision-makers, and we only have mental health professionals as advisors and partners when there are more complex tasks to be performed. Driven by the motto *not about us without us*, we have thrived in an environment where mental health service users were not easily accepted as partners. Today we help shape the standards of users' involvement, inclusion and participation in South-East Europe, and set examples of good practice.

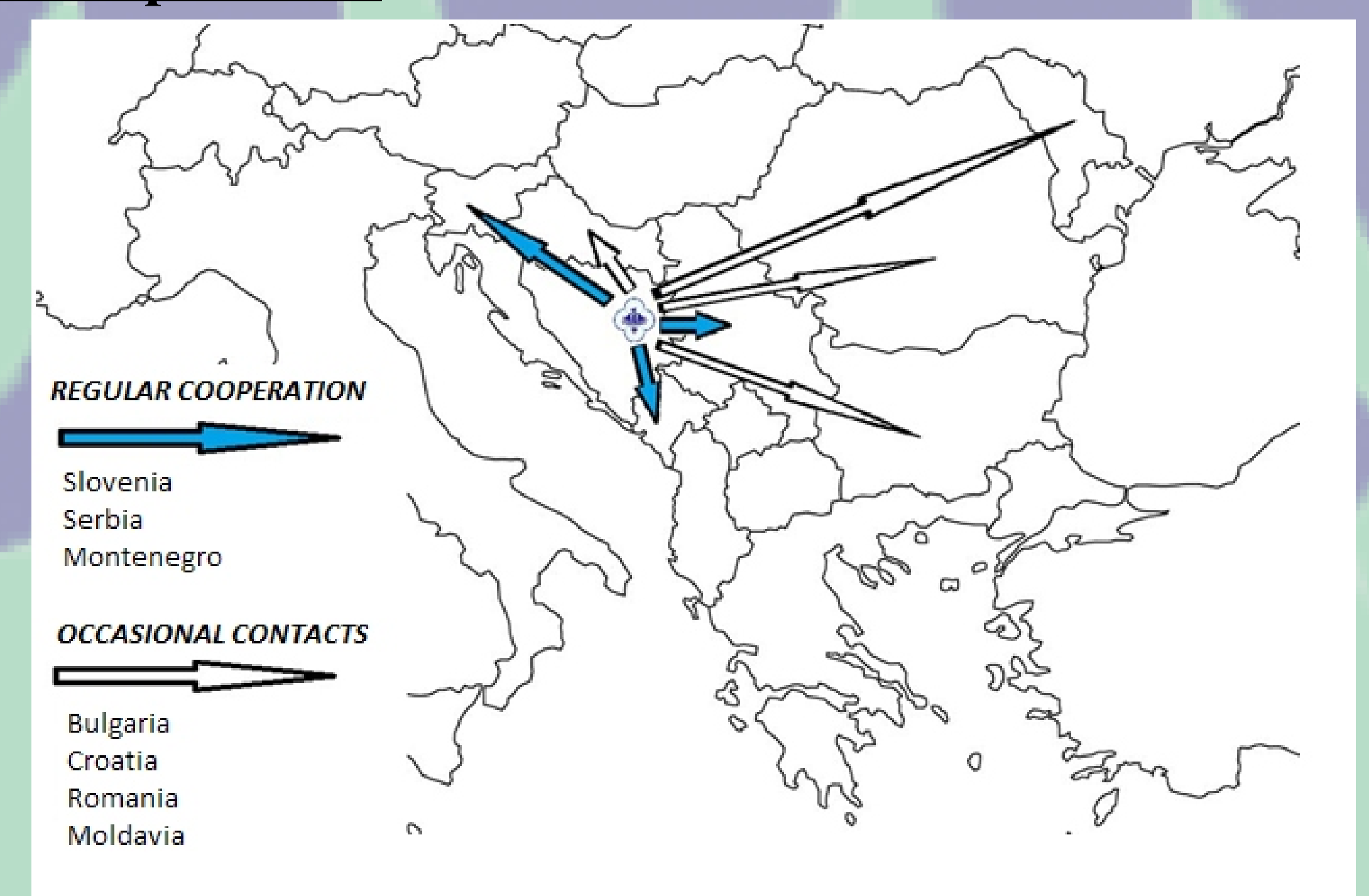


## Our activities:

- Self-help groups
- Mental health promotion
- Education
- Arts, sports, farming
- Psychosocial rehabilitation
- Advocacy and policy influencing
- Research and publication
- Cooperation (national, international)
- Supporting other users' groups
- Having fun and enjoying life!

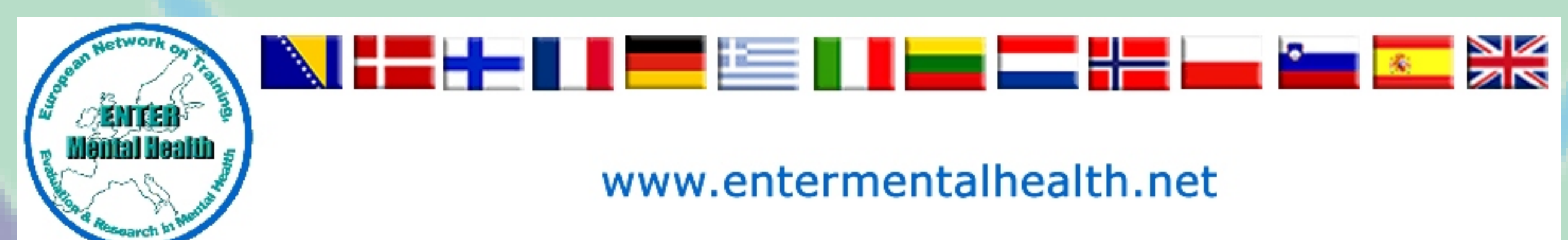


## Regional cooperation:



## Membership in international networks:

- ENUSP - European Network of (ex)Users and Survivors of Psychiatry
- ENTER European Network on Training, Evaluation and Research in Mental Health
- Mental Health Europe
- InterAction UK



*Life does not have a rerun!*

If you haven't seen Fenix, then you don't have a full picture about user participation in Europe.

Come and meet us!

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