

You can be there for someone's turning point

Bloom is a governmental mental health association, based in Tunisia. This association finds its purpose in bridging the gap between need and access, between silence and conversation, between pain and support.

This June, your donation gets doubled, helping twice as many people with mental health support.

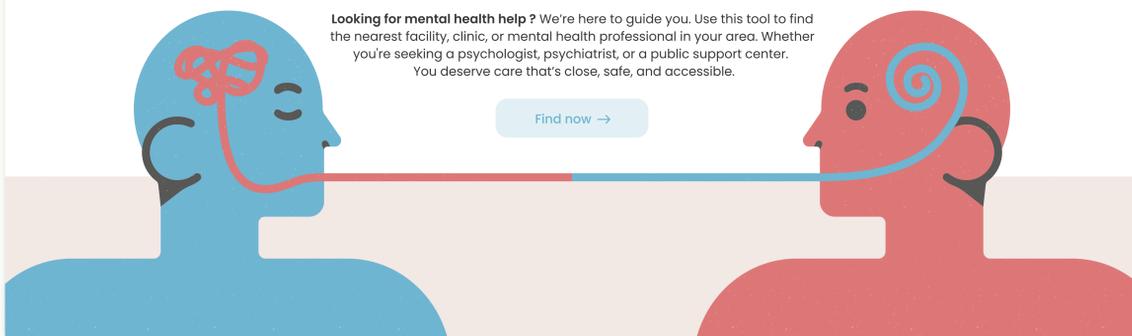
[Learn more →](#)



Find the nearest facility

Looking for mental health help? We're here to guide you. Use this tool to find the nearest facility, clinic, or mental health professional in your area. Whether you're seeking a psychologist, psychiatrist, or a public support center. You deserve care that's close, safe, and accessible.

[Find now →](#)



Talk to a counsellor today

Feeling overwhelmed, anxious, or just need someone to talk to? Our certified mental health professionals are here for you. Sessions are private, first half hour is free, and available in person or online.

[Find now →](#)



Connect with others online

You're not alone, and you don't have to go through it alone either. Join our safe online space to share, listen, and grow with people who get it.

[Visit now →](#)

Your donation can help change lives.

At Bloom, we believe mental health is a right, not a privilege. But in Tunisia, access to psychological care remains lacking for many. With your help, we can bridge that gap.

What your donation supports:



Free awareness workshops



Private care sessions for youth, adults and families



Creative resources



Training and education for everyone



National campaigns that break the stigma around mental health



Every dinar helps us reach one more person who needs to feel seen, heard, and supported.



Out of nowhere, my heart started racing and I couldn't breathe. I felt dizzy, shaky, like I was about to die.

But nothing was actually happening. That's when I realized, it was a panic attack.

• **Mohamed describes what a panic attack feels like**

[Browse stories from others →](#)



Upcoming Bloom events

From volunteering to fundraising, to workshops, there are many ways to get involved. Together, we can help people in Tunisia achieve their best possible mental health.



31 October 2025 - 14:00

Attarine High School

Don't forget to bring your colleagues and come. You can also bring your parents because they need to hear it too! From workshops, to training with youth coaches and specialists, to free one on one counseling sessions. We will be there at your school raising awareness, and at your service.

[View all events →](#)

We are here to help you

Tell us about your mental health support needs

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi vitae leo ut odio semper tempor. Donec fermentum tortor sit amet.



E-mail
bloomassociation@gmail.com



Phone Number
+216 21 345 678

Name

Mariam

E-mail

Mariamkh@email.com

Message

Type your message

[Log in →](#)