

FINANCIAL SUPPORT PROPOSAL

PSYQUILIBRE PROJECT

PROMOTION OF INTEGRATED AND LOCAL
MENTAL HEALTH CARE SERVICES FOR
VULNERABLE YOUTH

Interlinksnngo.org

About Us

Interlinks is a Tunisian non-profit organization committed to promoting mental health, inclusion, and socio-economic empowerment, especially among vulnerable marginalized individuals, groups, and communities.



OUR MISSION

Implement innovative, community-driven programs that address mental health, socio-economic vulnerability, and civic engagement.



OUR PURPOSE

Promote social justice and inclusion by supporting vulnerable individuals to live with dignity and equal opportunity in Tunisia.



OUR VISION

A society where every individual, regardless of their background or income, has access to mental health services and opportunities for personal and professional development.

About “PsyQuilibre”

Interlinks initiated a strategic mental health intervention project in Tunisia in November 2023, funded by Grand Challenges Canada (GCC). This initiative addresses the critical need for **accessible and effective mental health services for young adults**, with a particular emphasis on university students in the Greater Tunis area, a demographic often underserved in traditional health care systems.



The project was conceived in response to the recognized gap in mental health support for this demographic, acknowledging the unique challenges faced by young adults during a crucial period of personal and professional development. By implementing a **multi-faceted approach** that includes digital solutions, professional psychological support, and community-based interventions, the project aims to **increase accessibility to mental health services and provide timely, appropriate care**.



PsyQuilibre contributes to the following SDGs:



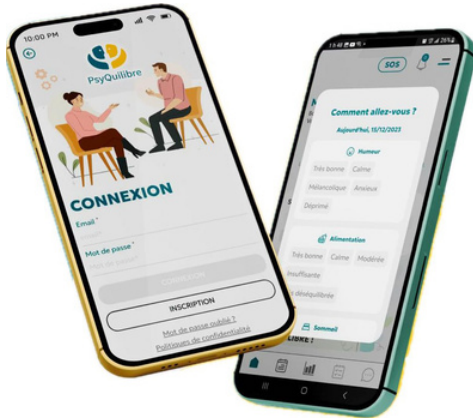
PsyQuilibre promotes mental well-being among youth by providing accessible mental health services.

It contributes to early intervention and prevention, directly supporting SDG Target 3.4.



PsyQuilibre reduces barriers to mental health care for marginalized youth, including low-income students, and persons with disabilities, through free services and digital access. It promotes equitable access to support, regardless of social or economic status.

PsyQuilibre offers a hybrid model of care that combines:



PsyQuilibre App

A user-friendly mobile app, providing psychoeducational content, self-screening tools, appointment booking, and follow-up care (available on iOS and Android)



Psychological Support

A mobile team of psychologists delivering psychological support through in-person consultations at our premises, on-campus sessions at partner universities, and remote services via online consultations.



Mental Health Helpline

Free helpline offering immediate support in urgent situations such as panic attacks or suicidal thoughts, and guidance toward appropriate psychological or psychiatric services.

Impact (to date)

3000⁺ **Students reached through our various services,** including mobile app, consultations, listening cells and helpline support.

1670⁺ **Mobile app users** have accessed screening tools, psychoeducation, and appointment booking features.

1250⁺ **Psychological consultations** conducted both online and in-person.

680⁺ **Calls received from 600 unique callers through our mental health helpline.**

420⁺ **Individuals were referred to specialized services,** including psychiatric care, for more advanced support following consultations or helpline intervention.

75 % **Of patients who engaged in therapy demonstrated significant improvements in their mental health, emotional resilience, and overall well-being.**

Social media campaigns have reached thousands, sparking online dialogue, reducing stigma, and encouraging help-seeking behavior.

Next Steps

As our initial funding from Grand Challenges Canada concluded in July 2025, Interlinks is actively pursuing strategic partnerships to ensure the continuity, expansion, and long-term sustainability of the PsyQuilibre project, Tunisia's first mobile and digital mental health intervention tailored to vulnerable youth.

To meet rising demand and address growing mental health disparities across Tunisia, our next phase focuses on four strategic pillars :



Maintain our mobile mental health team, currently delivering both in-person and virtual consultations, to respond to rising demand.



Expand our services to reach other vulnerable groups beyond students: unemployed youth, low-income individuals, women in distress, and those in rural regions.



Break the stigma around mental health by continuing our awareness campaigns and psychoeducational efforts to reduce stigma and encourage help-seeking.



Develop a sustainable long-term financial model.

With your support, we can:

Ensure access to **free or low-cost mental health care** through a mobile team, online consultations, and a dedicated helpline.

Expand our outreach to include vulnerable and underserved populations, such as unemployed youth, low-income individuals, vulnerable women and rural communities.

Strengthen emotional resilience and well-being among young people and vulnerable groups to support their personal, academic, and professional development.

Promote mental health awareness and reduce stigma.

Learn More

To learn more about our projects, impact, and future plans, we invite you to connect with us:



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