

INFO SHEET

Médecins du Monde – Mission in Bosnia-Herzegovina (BiH)



About the Organization

Médecins du Monde - Doctors of the World Belgium (MDM) is an international medical NGO, member of the international MDM network.

We provide medical assistance to vulnerable groups, in Belgium and the rest of the world.

Our mission: Universal health coverage and access to care for everyone, without obstacles (financial, cultural, geographic, etc.).

To carry out our mission, we base our work on three pillars:

- Treat:** Giving people real access to healthcare.
Change: More than helping, we want to change things in the long term.
Witness: We do not remain silent. Thanks to our experience and our presence in the field, we challenge the authorities (local, regional and (inter) national) with facts, figures and realities.

MDM intervention in Bosnia-Herzegovina

Since the beginning of 2018, arrivals of refugees and migrants started to steadily increase, as the migration route through Bosnia-Herzegovina (BiH) became more frequently used. People on the move find themselves in a vulnerable position that has a visible impact on their mental health, manifesting in increased anxiety and depressive symptoms.

In May 2019, Médecins du Monde - Belgium (MDM) started its activities in BiH focusing on **Mental Health and Psycho-social Support (MHPSS)** in favor of **migrants and refugees** hosted in (up to) seven Temporary Reception Centers and Emergency Tent Camp*.

MDM has since been present in Una Sana Canton in the north of BiH close to the Croatian border, and in Sarajevo Canton, implementing emergency interventions with different partners / donors, and targets (adult men, women/girls, unaccompanied and separated children, children in families).



MDM MHPSS services and activities include:

Specialized Mental Health care and case management: psychological and/or psychiatric individual care, through individual counselling, focused on reducing the impact of traumatic events and cumulative stress, building psychological resilience, maintaining and promoting functional capacity, preventing long-term mental health problems, and specifically supporting cases of severe mental health illnesses and co-morbid health and mental health conditions.

MHPSS services (empowerment activities, psychoeducational group sessions, crisis interventions) complementary to individual support, promoting mental health, social support and enhancing coping mechanisms and resilience, ranging on a variety of different activities from non-specialized lines of care to specialized psychoeducational sessions.

Specific programs to enhance Mental Health state of migrants and refugees and share data/observations with stakeholders:

- **Harm Reduction Program** based on substance abuse prevention, and inclusion in the individual-approach program of persons struggling with psychoactive substance abuse.
- **Community Leadership Program** to enhance community members' leadership skills to support their communities.
- **MHPSS Awareness trainings for "front-line" workers active in the migration response:** trauma-informed care, Psychological first aid, stress-management/prevention of burn-out/relaxation techniques, psychoactive substance abuse and Harm Reduction.
- **Analysis on mental health state/needs of migrants and refugees** based on quantitative and qualitative data/testimonies collection and reporting.

***Una Sana Canton:** TRC Borići, TRC Sedra, TRC Miral, TRC Bira, ETC Lipa

Sarajevo Canton: TRC Blažuj, TRC Ušivak

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