



European Network of (Ex-) Users and survivors of Psychiatry
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Becoming a member of ENUSP

What does ENUSP do?

ENUSP is an umbrella organisation – that is, most of its members are organisations rather than individuals. Although ENUSP has been limited by a lack of funding, other resources from its member organisations – energy, knowledge, ideas, and a lot of volunteer time – have enabled ENUSP to become an influential organisation. ENUSP supports users/survivors by challenging human rights abuses and discrimination, encouraging the development of user/survivor initiatives at grassroots level, and lobbying law and policymakers - for example, during the drafting of the United Nations Convention of Rights for People with Disabilities (UN CRPD). We also provide an information network connecting user/survivor organisations all over Europe through our events and publications.

Can anyone become a member?

There are two types of membership:

1. For **organisations** -organisations of (ex-) users/survivors, or mixed organisations which have a considerable number of (ex-)users and survivors in addition to other members.

At our General Assembly held every two or three years, member organisations can nominate one representative (this person must be a user or survivor) to vote for them. Before the General Assembly, the ENUSP members from each country should decide together on 3 delegates from each country who may vote.

2. For **individual users, ex-users, or survivors** in countries where there are no organisations which belong to ENUSP. In other exceptional cases, individuals may explain their reasons for wanting individual membership in their application form.

You can use the ENUSP website to find out whether there are any ENUSP member organisations in your country. You may even find that you are already a member through your local or national organisation! Or you may, through ENUSP, find others in your country with whom you can form your own organisation.

What does membership give to my organisation?

- **Networking opportunities** What could your organisation achieve through drawing on knowledge and experience from other user/survivor organisations in Europe? What could they learn from you?
- **Information** You will receive our monthly bulletins and Advocacy Update in electronic form for distribution to your members. These publications feature the latest user/survivor events and human rights developments across Europe. At the moment, they are only available in English, but we hope soon to achieve their translation and to find more ways to communicate ENUSP news in other languages.
- **Visibility** We list our member organisations on the website. If you wish, you can also describe your activities and services on the website, and contribute to our monthly bulletins and Advocacy Update newsletter.
- **Being part of something bigger** Isolation, exclusion, and discrimination are common experiences for users and survivors across the globe. Being part of a European user/survivor organisation can increase motivation, improve an organisation's local or national standing, and increase its influence on law and policymakers both nationally and internationally.

Who can join the mailing list?

ENUSP monthly Bulletins for members are sent out electronically to individual members, member organisations, and individuals from member organisations who ask to be added to our electronic list. We ask member organisations to send on ENUSP news through their own publications to their members who do not have email.

ENUSP's Advocacy Update is also sent out electronically to all members as described above, and to other organisations and individuals with whom we have contact, or who have asked to join the mailing list.

All ENUSP Monthly Bulletins and Advocacy Updates can be seen on the ENUSP website:

www.enusp.org

What happens when my organisation applies to become a member?

Fill in our application form, and the Board will consider your application at their next meeting. They will look at the information you send and your website if you have one. Then we will let you know if your application has been accepted.

I am an individual/from an organisation that supports ENUSP's goals, but is not eligible for membership. Are there any other ways that I/we organisations can support ENUSP and keep in touch?

Individuals and organisations and individuals who are not eligible to be members can ask to join the mailing list. If you or your organisation would like to support the work of ENUSP in any way, or to make a donation, please contact enusp.info@gmail.com or a Board Member (contact details accessible via www.enusp.org) to discuss becoming a **Friend of ENUSP**. All such support will be listed on the website under the "Friends of ENUSP" tab.

We encourage individual users/survivors who wish to support ENUSP to **become a volunteer**. We are especially searching for volunteers who can help with translation or wish to participate (e.g. as writers, editors, artists, cartoonists, photographers, graphic designers etc.) in our publications. We'd also love to hear from you if you have other skills and interests that you would like to share through ENUSP.

ENUSP does not accept donations or support of any kind from the pharmaceutical industry.