

Certification program Mental Health Leader

Create a healthy, balanced and safe mental health environment.

This program combines awareness, education, philanthropy and leading-edge research.

Conference - "Keeping Balance at Work", for all employees, emphasizes destigmatization, demystification and awareness of mental illness. This conference strengthens participants by showing them how to become the leader of their mental health. It includes a testimonial presented by a renowned personality from the business world.

Training - the 4 hours "My relief at work" training is reserved for managers and people in a leadership position. It raises participants' awareness of mental health issues and strengthens their ability to provide better support to their team. This training focuses on ways to continue to take care of yourself and others.

Self-management workshop for groups - for everyone and covering themes such as anxiety, depression, bipolarity, self-esteem and the workplace.

Individual and punctual coaching service for managers. 3 hours of personalized and individual coaching available after the "My relief at work" training.

Support services for all

- Support group
- Support group for loved ones
- Individual support with counselor

ro·lief

the path of
mental health

Relief is a mental health expertise and support center with a network of partners across Quebec and Canada. Recognized as a reference and leader for common mental disorders for more than 30 years, Relief has developed a real social innovation with its unique concept of self-management support.



ADVANTAGES OF THE CERTIFICATION PROGRAM

This certification positions you as a mental health leader, by providing you with tools at all levels of your business or organization and by giving you access to the personalized support provided by Relief.

What is the Relief for Business certification program?

- A conference that will help **employees** demystify and destigmatize mental health, anxiety, depression and bipolarity
- A one-day training course for **managers** to help them better identify and address mental health issues
- A one-on-one coaching for **managers** to guide them through specific situations
- A toolbox tailored for **managers** and **employees** needs
- A Relief's support services access (call, email, chat or meet with a counselor) and support groups.

Advantages of the Certification program

- Position yourself as a mental health leader with your **employees**, partners and clients
- Train and equip your **managers** to better identify and address mental health issues on their **teams**
- Give your **employees** the tools they need to take responsibility for and become active participants in their own well-being
- Receive personalized support and services from the Relief team
- Create a culture of wellness at all levels of your business or organization
- Advertise your certification with a digital badge that you can add to your various platforms
- Strengthen your **employer brand** to help you recruit and retain talent
- Get younger **employees** on board, for whom mental health is very important and less taboo than the older generations
- Build **teams** that will be more efficient in the long run.

Pair your inpowr solution with Relief's "mental health leader" certification program.

