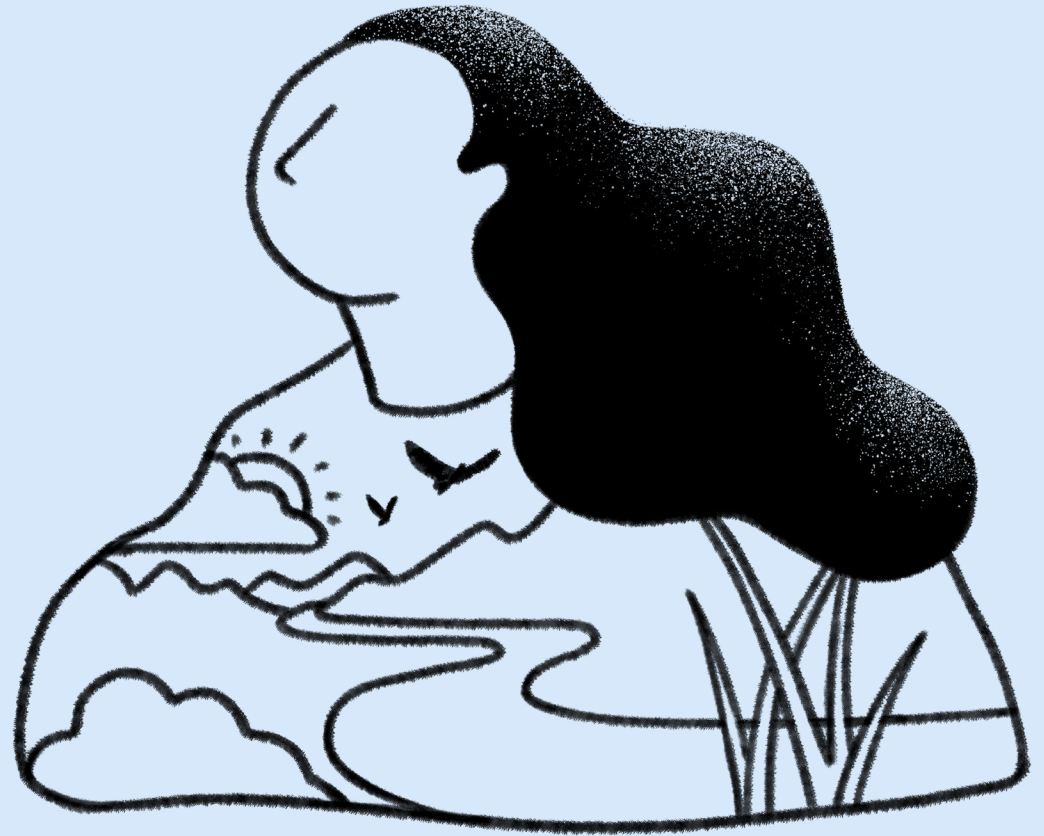


2020-2021

annual report



rolief

the path of
mental health

myrelief.ca



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message from the Chair



This year was a watershed moment in the history of Relief, in more ways than one. The new name we adopted on the occasion of our 30th anniversary is a testament to our organization's ability to innovate and to do even more for people living with anxiety, depression or bipolarity and their loved ones.

I would like to thank Cossette for their extraordinary work—pro bono, no less—in crafting our new brand. Our new website also reflects the Relief team's incredible work breathing life into our new brand image and our new vision for mental health.

There is no getting around the most significant event of the past year, which was the COVID-19 pandemic. Our sincere condolences to all those who lost loved ones to the virus.

The pandemic's impact on mental health has been highlighted by the media on many occasions since the virus broke out. Relief, too, was affected by the pandemic, and had to reinvent itself and adapt to the new reality. Our self-management workshops were revamped for a virtual format in record time and the Relief team unwaveringly supported the public in spite of the challenges posed by COVID-19.

If anything, the pandemic has galvanized us. Relief's impact on society continues to grow and our team has never been bigger. Our goal continues to be, and always will be, to help as many people as possible. I would like to thank and congratulate the entire team for their dedication in this particularly difficult time.

In the face of the pandemic and the growing mental health needs to which it gave rise, several partners quickly and affirmatively responded to our appeal for support. We are forever grateful to Bell, our biggest partner. We also thank National Bank, the Beausoleil Foundation and the Fondation Casse-tête for their financial contributions, which have enabled us to support more people living with anxiety, depression or bipolarity, and their loved ones.

Over the coming year, Relief will be delivering on its commitment to academic research by creating the Relief Research Chair in Mental Health, Self-Management and Work. The Chair will be held by Simon Coulombe, in conjunction with the Faculty of Social Sciences at Université Laval. Our thanks go to our partner Beneva who has embarked on this beautiful adventure with us.

With the help of our partners, our supportive community and our team, Relief is sure to remain the leader in mental health expertise for decades to come.

Martin Enault

message from the Executive Director



The year 2020–2021 was, of course, a pandemic year. From the start of the outbreak, COVID-19 shook people’s lives to the core, upended the way society had previously functioned, and exacerbated the presence of anxiety and depression among the population. Mental health became a national priority.

In this most unusual context, Relief quickly adapted its service offering to a virtual format. Each member of our team rolled up their sleeves to continue supporting people living with anxiety, depression or bipolarity, and their loved ones, despite the challenges introduced by the pandemic.

Within a month, our services, which were previously only offered face-to-face, went online—everything from individual consultations to self-management workshops and support groups. This adaptation was necessary during the health crisis in order to both preserve the quality of our individual and group interventions and meet the growing demand.

Relief interventions increased by 30% in 2020–2021. Yet thanks to an experienced team and the ability to respond even more quickly to calls for assistance, Relief was able to rise to this challenge with its characteristic empathy.

Our team also began offering specific support in workplaces to better meet the needs of organizations. The goal has been to create healthy and

balanced environments, to foster work climates free of prejudice and open to discussion, and to empower employees and managers in the area of self-management.

In closing, I would be remiss if I left out our other big piece of news in 2020–2021—to mark our organization’s 30-year anniversary, we have changed our name from Revivre to Relief. In addition to resonating in English and in French, our new name reflects our journey, vision and approach. Despite this transformation, our mission remains unchanged: to support people living with anxiety, depression or bipolarity, and their loved ones, so they can keep moving forward. Though our name has changed, at our core, we have not: we are the same team, providing the same support. We have merely given ourselves the means to do even more to support people on the path to mental health.

Jean-Rémy Provost

our mission

Relief supports people living with anxiety, depression or bipolarity, as well as their loved ones, so they can keep moving forward.

our vision

It's completely normal to encounter ups and downs in our lives.

They shape who we are and make us all unique. But for people living with anxiety, depression or bipolarity, and their loved ones, the hills can turn into mountains.

That's why Relief exists: To help you find your own version of relief along your journey.

Because having the right tools to regain control over your mental health puts you on the right path.

our approach

Self-management is more than just an "approach"—it is the very DNA of Relief.

It's what defines us as an organization and sets us apart as a forward-thinking innovator. And it's the basis of all the services we offer to help you learn to live with anxiety, depression, or bipolarity—and regain control over your mental health.



our
transformation:
Revivre becomes Relief

This year was a pivotal one in many ways for our organization.

It was a year of **renewal**: a new name, new brand image, new website and new territories.

But it was also a year of **adaptation**, with the pandemic forcing us to do things differently—and do more to meet the growing need for mental health services.

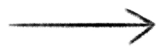
impacts of COVID-19

“If the pandemic was the earthquake, then the surge in mental health problems is the tsunami that’s now bearing down on us.”

— Jean-Rémy Provost, Executive Director

Since the start of the pandemic, mental health has become a hot topic with the media and politicians alike.

There’s no doubt that the situation affected us all. But it was especially challenging for people who were already suffering from anxiety, depression or bipolarity. The outcome? A significant increase in calls from people in distress.



We carried out 16,000 interventions in 2019—a number that’s since risen by 30%.

On top of managing this increase, we also had to contend with the health measures, pivoting to online self-management workshops and support groups.

Luckily, going virtual with our services was already part of our growth strategy, along with several other changes planned before the pandemic hit.

post-pandemic changes in the works

Relief is always looking for ways to do more for people living with anxiety, depression or bipolarity, and their loved ones, which is why we created a **growth and marketing department**.

One of the department’s main tasks was to spearhead our **name change and new brand image**, which they did with help from the team at Cossette.

“Without Cossette, Revivre could have never become Relief. Using words, images and emotions, their team succeeded in capturing the essence of who we are today and who we want to become tomorrow. Their outstanding work, very generously provided to us free of charge, certainly did them proud!”

— Josée St-Amand,
Director, Growth and Marketing

We wanted a name that resonates in both English and French and that will allow us to **expand our reach throughout Canada**, but also—and above all—**that reflects our journey, our vision and our approach**.

So that’s how Relief came to be—to support people living with anxiety, depression or bipolarity on the long and winding road of mental health, with its ups and downs, its mountains and valleys. To help them find their own version of relief every day.

relief



When we live with anxiety, depression or bipolarity, we feel “out of sorts” or distressed. That’s why the first “e” in our logo is tipped on its side. With support from Relief, we can learn to find our own version of relief through strategies and everyday behaviours to enhance our sense of well-being. This lets us feel more empowered to keep moving forward on our journey toward mental health. As a result, our vision becomes more focused and we straighten our course, like the second “e” in our logo.

The J’avance! program was also revamped as “self-management workshops” to emphasize the central role of the self-management approach in our five workshops.

All of these changes were crystallized on **our new website**, which was launched in April 2021, to close out our fiscal year.

If this year’s watchwords were innovation and adaptation, next year’s will be **celebration—of our 30th anniversary, to be precise!**

It will be a perfect opportunity to take stock of how far we’ve come, while looking to the future of Relief.

To look back, while continuing to move forward.

Relief: a timeline

1991

Official launch of the Association québécoise des cyclothymiques (helpline)

1992

Guy Latraverse is named president

New name: Association québécoise des dépressifs et maniacodépressifs (ADMD)

1993

Introduction of self-help groups and lectures

1993-1996

Provincial roadshows

1999

Revivre develops a youth component

2001

New name: Revivre
Addition of anxiety disorders to the mission

2007

New spokesperson: Stefie Shock

2014

Launch of the *J'avance!* program

New spokesperson: Véronique Bannon

2016

300,000th intervention

Celebration of our 25th anniversary

New spokesperson: Pierre Craig

2017

Milestone reached of 1,000 participants per year in *J'avance!* workshops

2018

First anxiety self-management workshop offered in English

First edition of *J'avance en marchant*

2019

Milestone reached of 5,000 cumulative participants in *J'avance!* workshops

2020

Relocation of our office to 418 Sherbrooke St. East, Suite 300, Montreal, QC H2L 1J6

Revivre develops its first support component for businesses

2021

New name: Revivre becomes Relief

Entire service offering moved online and self-management workshops translated into English

Relief acquires an associate researcher: Simon Coulombe

2022

Celebration of our 30th anniversary

Development of a youth program

Launch of the new Relief Business program

Creation of an awareness week for self-management in mental health

Relief under the spotlight

our websites



revivre.org

153 625 unique sessions
103 163 users

javance.revivre.org

60 712 unique sessions
46 679 users

Relief launched its new website this year!
Visit myrelief.ca

our social medias



Facebook

12 092 Likes
10 544 followers



LinkedIn

1 600 followers



Instagram

1 611 followers



Twitter

3 383 followers

We can now be read in both languages on our
[@monrelief.ca](https://monrelief.ca) and [@myrelief.ca](https://myrelief.ca) accounts.

they're talking about us!

articles (only available in French)

Les masques tombent

Article de Josée Blanchette, Le Devoir, avril 2020

Cahier spéciale : santé mentale

Le Devoir, juin 2020

La santé mentale dans l'angle mort de la pandémie

Article d'Anne-Louise Despatie, Radio-Canada,
juin 2020

Révolution mentale

Article de Mathieu Ste-Marie, Profession Santé,
juin 2020

Les appels de détresse se multiplient chez les jeunes

Article de Justine Cohendet, Radio-Canada,
octobre 2020

Suicide : échanges avec des survivantes

Article de Gabrielle Lisa Collard, octobre 2020

Dossier : Comment aller mieux

L'actualité, novembre 2020

Manifeste pour l'accès à des soins de santé mentale

Article de Claire Gamache, René Cloutier et six autres
signataires, La Presse+, novembre 2020

Un appel pressant pour des services rapides et accessibles

Article de Mayssa Ferah, La Presse+, novembre 2020

La permission de dire que ça va mal

Article de Nathalie Collard, La Presse, janvier 2021

Discover all the articles about Relief.

they're
talking
about us!

podcast

*Mental Health and Leadership –
Finding Your Strength to Build Success*
International Conference Services (ICS), July 2020

*Santé mentale en entreprise avec Martin Enault**
Hiring Stories Podcast, août 2020

*Prendre soin de sa santé mentale**
Kim Morissette, septembre 2020

*Entre les deux oreilles**
Martin Binette et Lydia Migneault, mars 2021

*only available in French

documentaries

La santé mentale : Une note à la fois
Rendez-vous télé en collaboration avec Bell Média,
janvier 2021

Parfaitement Imparfait
MC2 Communication Média en collaboration
avec la Fondation Jeunes en tête, mars 2021

only available in French

television

LA FÊTE DE LA RENTRÉE
Diffusé sur Noovo.ca, septembre 2020

Auto-gérer sa santé mentale un jour à la fois
Émission « L'avenir nous appartient »
diffusée sur Télé-Québec, février 2021

*Relief souligne l'importance de l'aide
à la santé mentale en pandémie*
Entrevue de La Télévision Communautaire
de Montréal (TCF), mars 2021

only available in French

radio

L'outil Aller mieux à ma façon : Entretien avec Janie Houle
Émission « Pénélope », Radio-Canada OHdio,
février 2021

Laboratoire Vitalité : Aller Mieux À Ma Façon
Entrevue de Yvan Bujold, Folie Douce, février 2021

only available in French



supporting self-management

what is self-management?

Self-management is more than just an “approach”—it is the very DNA of Relief.

It is what defines us as an organization and sets us apart as a forward-thinking innovator. And it lies at the core of all the services we offer to help people learn to live with anxiety, depression or bipolarity.

Self-management is about regaining power over our mental health. People who adopt a self-management approach actively participate in their well-being and are led to make choices, because they’re in the best position to know what’s right for them.

Among other things, self-management includes small everyday actions to get better: taking a hot bath, cooking a good meal, tending to plants, doing an art project or listening to music.

All of these behaviours help reduce symptoms of depression, anxiety and bipolarity, prevent relapses, and improve quality of life.

Each path is different, because self-management is a matter of what works for each individual. It takes into account each person’s experiences, values, preferences, strengths and pace.

“Self-management means learning to live with anxiety, depression or bipolarity.”

Relief provides the tools and support to make this possible—in other words, we support self-management.

self-management or self-care?

Self-management of mental health refers to a set of strategies, tools and behaviours that a person can adopt in their daily life to reduce the symptoms related to anxiety, depression or bipolarity, prevent relapses, and improve their well-being.

This definition is consistent with the one adopted by the Government of Quebec, which prefers the term “self-care” to define anything a person can do on their own to stay healthy and well.

Importantly, self-management skills and strategies have been shown to be enhanced through self-management **support interventions or what might be called “directed self-care.”**

Self-management therefore does not replace the role of professionals—on the contrary. Professionals play a key role in increasing the potential effectiveness of self-management strategies adopted by people living with anxiety, depression or bipolarity.

It is also important to note that **self-management support is complementary to psychotherapy and medications and is therefore part of the continuum of mental health services.**

Relief's role in supporting self- management

self-management workshops

Our self-management workshops are all premised on the same approach, i.e., self-management, to help people learn to live with anxiety, depression or bipolarity, as well as to improve their self-esteem or achieve better balance at work. The goal of the workshops is for participants to come away with hands-on tools and strategies that can help them regain power over their mental health in their everyday lives. The workshops include exercises and scenarios to help participants adopt behaviours to reduce their symptoms, identify warning signs and prevent relapses. Each self-management workshop accommodates 10 to 15 participants and lasts 10 to 12 weeks, with a 2.5-hour session each week. Because of the pandemic, this year, the workshops were offered in virtual format only. In-person sessions will resume as soon as public health orders allow.

support groups

We offer free weekly support groups for people living with anxiety, depression or bipolarity. The groups are facilitated by mental health professionals, and participants can share what they're going through in an atmosphere of compassion, respect and solidarity. In addition to being free and open to all, the support groups are flexible and available when people need them. The support is adapted to the ups and downs in our lives.

ad hoc individual support

Our team of professionals offers individual support by phone, email or Facebook Messenger from Monday to Friday, 9 a.m. to 5 p.m., in addition to providing information and referrals when helpful.

forum

To provide people living with anxiety, depression or bipolarity (or their loved ones) with a space where they can talk and support each other, we have created a secure forum facilitated by our team and available 24/7.

our services in action

self-management workshops

361
participants attended
28 workshops offered
by Relief

98%
of the participants
would recommend the
workshops to others

support groups

4 523
attendances at support groups
over the course of 191 sessions

ad hoc individual support

3 832
by phone

738
by Facebook

34
in person

forum

3 143
messages

1 015
users

60
participants benefited
from the financial
assistance program

84%
of participants were
satisfied with their
participation in the
workshops



our services in action

help for loved ones



527

support and information requests
received from loved ones, accounting for
7% of requests

bilan

16 790

interventions in
2020–2021

362 000

interventions since Relief
was founded

“To be able to write this testimonial, I have to think back to a difficult period in my life. Several traumatic events happened, all around the same time—the death of friends, my father’s suicide, a separation, and an accident at work. It was a dark time for me, a time of deep depression and social isolation. That’s when I received the diagnosis of bipolarity. The diagnosis didn’t bother me, though, because all I wanted was to get better. When I discovered Relief and their workshops, I immediately realized that it was for me. I was able to connect with other people living through similar things, and however selfish it might sound, I was able to have some friendly faces in my life. The workshops were an opportunity for me to revisit and embrace my mental health, to examine it from all different angles, and to care for and better protect it.”

– Testimonial of a participant in the *Living with bipolarity* self-management workshop

“I chanced on Relief while searching the Internet for resources. Little did I know that my participation in a depression self-management workshop would prove incredibly helpful, motivating and meaningful. Thanks to my involvement and the tremendous support of the team, I was able to significantly change the way I managed my depression. The workshop’s content is very interesting and helpful. The facilitators’ respect and compassion make for a safe and trusting atmosphere. I am profoundly grateful to have benefited from this rich resource, which helps us learn to better manage our lives. Thank you, Relief!”

– Carolyn, participant in the *Living with depression* self-management workshop



raising awareness of self-management

To spread information and raise awareness about the self-management approach, Relief has given lectures and participated in webinars for the general public, business leaders and mental health professionals.

May, 7, 2020

Participated in a Facebook Live event organized by the Groupe entreprises en santé, in partnership with the Mouvement santé mentale Québec and the Canadian Mental Health Association.

July 8, 2020

Participated in the “Managing anxiety as the world re-opens” webinar offered by SunLife and Lumino Health.

October 20, 2020

Gave the presentation “Hope Through Empowerment: Assessment and Virtualization of a Self-Management Support Workshop” at the Canadian Mental Health Association 2020 Virtual Conference on “Mental health for all.”

November 13, 2020

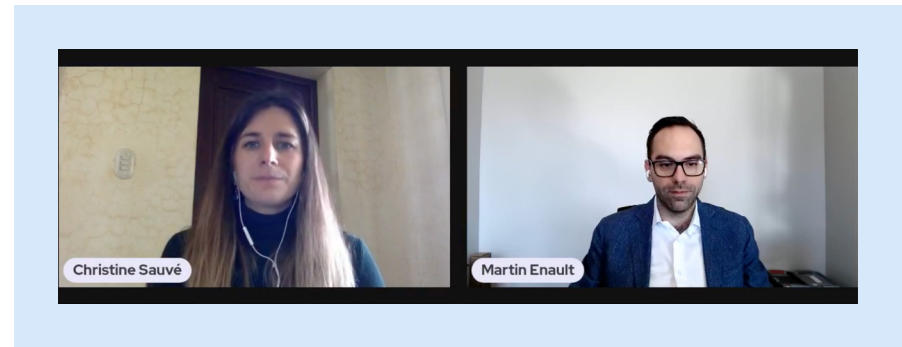
Delivered the webinar “Garder l’équilibre et développer du pouvoir sur sa santé mentale” to the CNIB Foundation.

January 19, 2021

Participated in non-partisan consultations regarding the impact of the current health crisis on Quebecers’ mental health.

January 28, 2021

Participated in “Santé mentale et programme d’autogestion en milieu de travail” offered by the Conseil du patronat du Québec.



February 2, 2021

Participated in the lecture “Avez-vous mis votre masque à oxygène en premier ?” at the 13th “psychological health at work” conference of Événements Les Affaires.

February 26, 2021

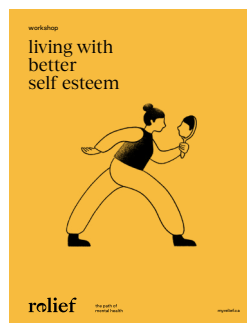
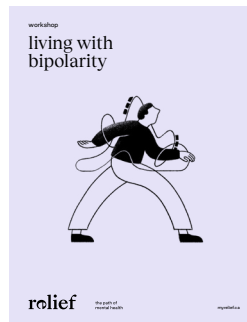
As part of Bell’s Let’s Talk campaign, Relief organized a Facebook Live event entitled “Every path of mental health counts” More information on the event can be found in Chapter 5 – A community in action.

*Relief’s Chair of the Board, Martin Enault, also spoke at more than **120 conferences** in the course of the year, reaching out to thousands of people to raise awareness and help demystify mental health.*

self-management workshops offered across Quebec

the *J'avance!* program becomes...

Initially developed in 2010, the *J'avance!* program for self-managing anxiety, depression and bipolarity consists of five self-management workshops that are central to our mission and services.



- Abitibi-Témiscamingue**
 - CALACS de Témiscamingue
 - CISSS de l'Abitibi-Témiscamingue
- Bas-Saint-Laurent**
 - Centre d'entraide l'Horizon
 - CISSS du Bas-Saint-Laurent
 - Rayon de partage
 - Santé mentale Québec
 - Source d'espoir
 - La Maison des Tournesols
 - Le Margot
 - Le Périscope des Basiques
 - La Traversée
- Capitale-Nationale**
 - ACSM - Filiale de Québec
 - CIUSSS de la Capitale-Nationale
 - Clinique médicale St-Louis
 - Communautés Solidaires
 - L'Équilibre
 - L'Éveil Chatevoisien
 - Le Paroisse
- Centre-du-Québec**
 - La Traversée du sentier
 - La Chrysalide
- Chaudière-Appalaches**
 - Aux quatre vents
 - L'Oasis de Lotbinière
 - La Barre du jour
 - La Passerelle
 - La Rencontre
 - Le Marmite
 - Les Nouveaux Sentiers
 - Le Trait d'Union
 - Centre médical Lévis - Les Hivernis
- Côte-Nord**
 - CISEA Uashat mak Mari-Ihenam
- Estrie**
 - Centre des femmes du VSF
- Gaspésie**
 - Centre Accalmie
 - CISSS de Gaspésie
 - Santé mentale Lac-St-Jean
 - CISSS des Îles
- Lanaudière**
 - CISSS de Lanaudière
- Laurentides**
 - CISSS des Laurentides
- Laval**
 - AGAPE
 - Association de la fibromyalgie de Laval
 - CISSS de Laval
- Montérégie**
 - Carrefour le Moutier
 - CEAP des Patriotes
 - CISSS de la Montérégie-Centre
 - CISSS de la Montérégie-Est
 - L'Œil en ciel des Seigneuries
 - SSM Espar
- Montréal**
 - CIUSSS de l'Est-de-Île-de-Mtl
 - CIUSSS de l'Ouest-de-Île-de-Mtl
 - CIUSSS du Centre-Ouest-de-Île-de-Mtl
 - Maison du Père
 - Relax Action
- Chaudière-Appalaches**
 - Centre Inter-Section
 - Centre L'Intervalle
 - CISSS de l'Outaouais
 - L'Appôle
 - L'Enrouille
 - L'Envol SRT
 - Maison Réalité
- Outaouais**
 - Centre de prévention du suicide
 - Centre l'Escalier
 - Centre le Bouscauël
 - Centre le Phare
 - Le Herfort
 - Nouvel Esprit du Saguenay
 - Santé mentale Lac-St-Jean
- Saguenay-Lac-St-Jean**
 - ACSM Saguenay
 - L'Herminette
 - Centre de prévention du suicide
 - Centre l'Escalier
 - Centre le Bouscauël
 - Centre le Phare
 - Le Herfort
 - Nouvel Esprit du Saguenay
 - Santé mentale Lac-St-Jean

The workshops have been offered by Relief for the past 10 years and made available on a large scale since 2014 through a network of partners. As of now, **77 organizations** offer the self-management workshops in **56 cities** through **88 points** of service across **15 regions of Quebec**.

"I feel privileged to lead virtual workshops for anxiety self-management. The support is excellent whenever I have technical, logistical or intervention-related questions. The quality of the facilitation materials is outstanding!"

- Marie-Hélène Beloin-Kelly, social worker
Communautés Solidaires, Québec

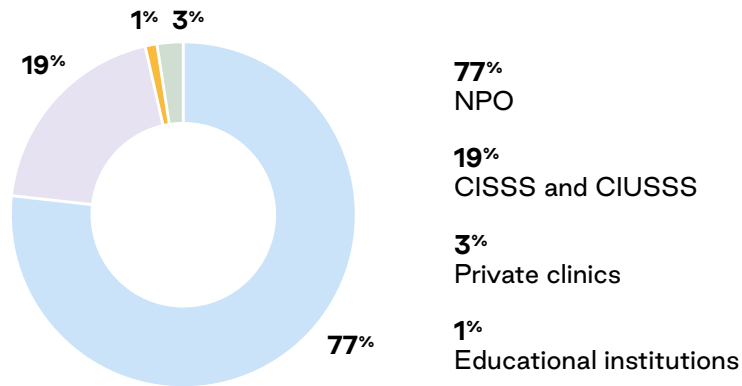
the year 2020-2021 in figures:

138
workshops offered
by our partners

28
workshops
offered by Relief

1 749
participants in the the self-management workshops offered by Relief
and its partners, for a total of 9,452 participants since 2010

profiles of partner organizations



going digital together with our partners

Ten partner organizations used Relief's new learning platform to offer **17 virtual workshops to 178 participants**. The development of this platform, made possible by the SolidaiRevivre campaign, enabled Relief and its partners to respond to the greater demand for mental health support while observing COVID-19 physical distancing measures.

welcome to our new partner organizations

who started offering workshops in 2020-2021!

As members of the Relief partners network, you help spread awareness of the self-management approach to mental health across Quebec and to empower more people living with anxiety, depression or bipolarity.

Montreal

Centre de santé et de consultation psychologique de l'Université de Montréal

Laurentians

L'Échelon des Pays-d'en-Haut

Laval

Maison 100 Limites



"It's a privilege to be able to offer the anxiety self-management workshop to people who live with anxiety on a daily basis. Most of the tools are simple, down-to-earth and effective. People are able to incorporate them into their daily lives gradually, while respecting their own limits. Some of the participants are already able to apply strategies seen in the workshop to their everyday lives, and they see a difference in how they respond to anxiety-provoking situations. The workshop is a treasure that should be shared, over and over again. Thank you for the beautiful work you do!"

- Elsa Mongeau, Sous le toit de l'Échelon, Sainte-Adèle

the multiplying effect of self-management training

Relief offers training for professionals and organizations working with people who live with anxiety, depression or bipolarity. Upon completing the training, professionals are able to lead self-management workshops and incorporate self-management into their various interventions. Relief is an external provider listed in the continuing education catalogues of the Ordre des psychologues du Québec and the Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec.

10
days of training
offered by
videoconference

191
individuals trained in
self-management support

1 096
people trained
since 2010

4
regional trainers for
the Saguenay—Lac-St-
Jean region

profiles of individuals trained in 2020–2021

- o 34% were workers in the community network, 16%, social workers, 7%, employability professionals, 6%, psychologists or psychotherapists, and 38%, individuals with other intervention profiles.
- o Most of them (60%) worked for an NPO and one-quarter (25%), for the public health network. The others were employed in an educational institution (8%), the private sector (4%) or an independent practice (7%).
- o The most popular workshop topic is anxiety (41%).



“The health-professional training at the Centre de santé et de consultation psychologique des Services aux étudiants de l’Université de Montréal has enabled us to expand the services we offer. More than 150 students on our waiting list were able to benefit from self-management workshops on depression, self-esteem and anxiety. Relief’s professionalism and continual support have been huge assets in successfully introducing these new services.”

– Virginie Allard-Caméus, Director, Centre de santé et de consultation psychologique, Services aux étudiants, Université de Montréal

Going further: self- management workshops in different regions

In order to support the introduction of new self-management workshops in certain areas with few or no such services, Relief launched the Going further project, which was made possible through the Bell Let’s Talk Community Fund.



So far, **23 organizations have been selected and 43 professionals trained** to lead self-management workshops in the coming year.

finding a better balance at work

Relief has been working on demystifying, destigmatizing, informing and empowering in order to help employees and managers create healthy, balanced workplaces. The organization has been contributing to fostering prejudice-free workplaces through talks, webinars, workshops and individual interventions.

This year, we continued to develop and consolidate our services for businesses, including a component specifically designed to help managers better identify struggling employees and care for their own mental health. This comes at a timely moment as entrepreneurs and managers are noticing high levels of distress on their teams during the pandemic.

our collaborations

Thanks to our valued clients and collaborators, Relief was able to connect with **2,498 employees and managers** and work together to create workplaces conducive to well-being.

- o BDC
- o Beneva
- o Blakes
- o Canada Life
- o Phi Centre
- o Chamber of Commerce of Metropolitan Montreal
- o Vallée-du-Richelieu chamber of commerce and industry
- o Mont-Saint-Bruno chamber of commerce
- o Quebec Employers' Council
- o EY
- o Groupe entreprises en santé
- o Groupex
- o Impact 8
- o Le Réseau Mallette

- o Les Affaires
- o RHUM
- o Sunlife – Lumino Health
- o City of Montreal

“Thank you so much for the presentation *Garder l'équilibre au travail et développer du pouvoir sur sa santé mentale*. The speaker gave clear explanations, and it was extremely instructive. The talk is really useful to my work and in terms of supporting entrepreneurs. I've definitely been better equipped since the presentation.”

– Anonymous testimonial within the framework of the agreement with the City of Montreal

looking out for the mental health of young people

As part of our services addressed to young people and their families, our team of professionals offers consultations in person and via phone, email and social media. The consultations are directly with the young people who contact us or with their parents. The goal of this ad hoc support is to foster young people's power to take action on their mental health, and to provide their families with helpful tools.

Given the COVID-19 health restrictions, it was not possible this year to hold any activities in connection with the themes of elementary schools and meetings with parents and anxious children. Unlike our other services that could be adapted to a virtual format, these activities could not be brought online.

However, **we did offer our first-ever virtual talks for parents, in collaboration with social worker, psychotherapist and trainer Michèle Lambin.**

- o Pandémie, stress et anxiété chez l'enfant : des outils pour les parents (February 25): 91 participants
- o Pandémie, stress et anxiété chez les ados : des outils pour les parents (March 25): 115 participants

In addition to addressing the development of anxiety in its many forms, these talks helped participants learn more about the realities facing young people, including their vulnerabilities and challenges, and introduced them to strategies that families can adopt to cope with anxiety at home and in school. In light of both talks' success, they are sure to be held again next year, and adapted according to the context.

pandémie, stress et anxiété chez les ados : des outils pour les parents



présentée par Michèle Lambin,
travailleuse sociale et psychothérapeute

embodying a culture of assessment and research

Relief acquires an associate researcher

In addition to collaborating with several researchers specializing in mental health and self-management for specific projects, **Relief has acquired an associate researcher** to provide scientific supervision and validation of all of its activities and evaluations. **Simon Coulombe**, assistant professor in the Department of Industrial Relations at Université Laval, with whom Relief has worked for several years.



“As a person living with anxiety, I have seen many times the many impacts mental health challenges can have on the lives of recovering people and their loved ones, both at home and at work. With the COVID-19 pandemic, the world in which we operate seems, more than ever, to be undergoing a rapid and major transformation. This represents a major challenge that can lead to difficulties linked to anxiety, depression, or bipolarity – or even exacerbate them – but it is also an opportunity to create better supportive environments for mental health and strengthen self-management support services and programs. My goal as an associate researcher is to support Relief so that the organization continues (as it has done so well for a long time!) to be at the scientific forefront in the self-management approach. I will support Relief in collecting data to continue the scientific evaluation and validation of the content of its services with a view to continuous improvement and to develop evidence-based data. It is an honor to work with Relief and thus be able to help promote its exceptional expertise in mental health.»

–Simon Coulombe, Associate Researcher at Relief and Assistant Professor at the Department of Industrial Relations at Université Laval

assessment of the self- management workshops: highly promising results

assessment of the *Living with anxiety* self-management workshop

Under the supervision of Janie Houle, Ph.D., Community Psychologist; Professor, Psychology Department, UQAM; Researcher, Centre de recherche de l’Institut universitaire en santé mentale de Montréal (CR-IUSMM); Director, Laboratoire Vitalité.



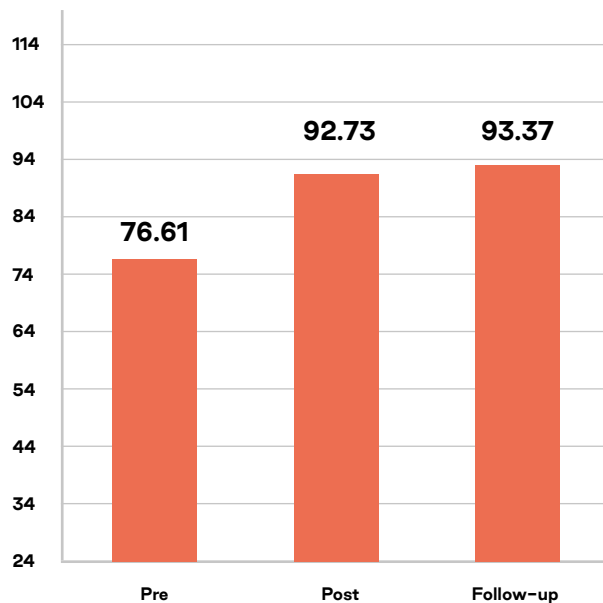
To assess the impacts of the *Living with anxiety* workshop, a study was done among 72 respondents. This study, which began more than a year ago and was completed this year, involved the participants completing surveys at three time points: before the workshop, after the 10-week workshop, and four months after the workshop ended. The results show a significant decrease in symptoms of depression and anxiety, and an increase in personal recovery and self-management behaviours. These changes were maintained four months after the workshop ended. The study participants also said that they very much appreciated the workshop, the content, the facilitators, and the group atmosphere, and that the tools they were given to better understand their feelings and develop effective self-management strategies were very useful.

results of the assessment

recovery

Personal recovery scores (measured using the Recovery Assessment Scale) increased by approximately **20%** between the start and end of the workshop. This improvement was maintained four months later.

participants' recovery scores



Note: the RAS scores are ranked on a scale from 24 to 120.

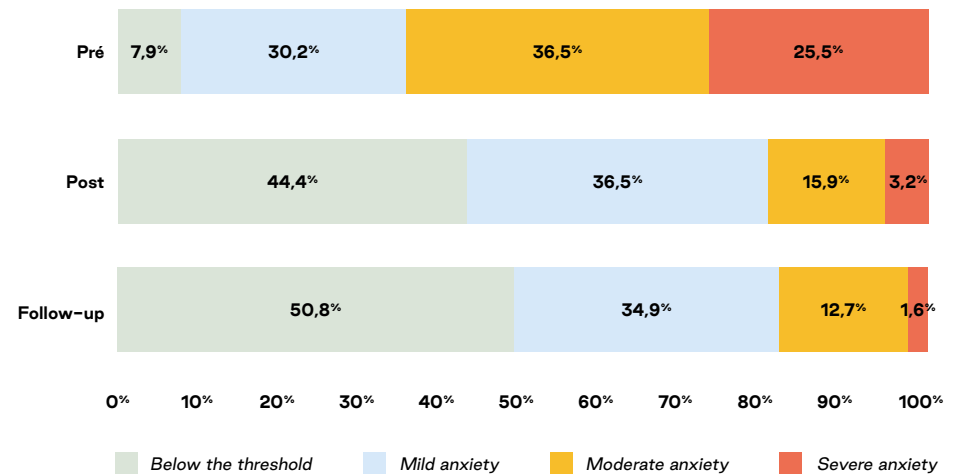
self-management

Self-management scores (measured using the Mental Health Self-Management Questionnaire) increased by approximately **15%** between the start and the end of the workshop. This improvement was maintained four months later.

symptoms of anxiety

62% of participants were living with moderate-to-severe symptoms of anxiety (measured using the General Anxiety Disorder-7 Scale) at the start of the workshop. By the end of the workshop, this number had dropped to **19%**, and then to only **14%** four months later.

percentage of participants according to anxiety threshold



symptoms of depression

55% of participants were living with moderate-to-severe symptoms of depression (measured using the Patient Health Questionnaire-9) at the start of the workshop. By the end of the workshop, this number had fallen to **27%**, and then to only **19%** four months later.

Relief wishes to thank Corentin Montiel from Laboratoire Vitalité for his analytical work.

assessment
of the self-
management
workshops:
highly
promising
results

assessment of the *Living with a better workplace balance self-management workshop*



Under the supervision of Sophie Meunier, Ph.D., Professor, Psychology Department, UQAM. With the collaboration of Janie Houle, Ph.D., Professor, Psychology Department, UQAM, and Marc Corbière, Ph.D., Professor, Department of Education and Pedagogy, UQAM, and Research Chair in Mental Health and Work.

The assessment of the impacts of the *Living with a better workplace balance* workshop is underway, and the number of participants continues to grow, thanks to the involvement of organizations such as L'Envol SRT (Gatineau) and Le Pavois (Quebec City). To date, 81 participants have responded at time point 1 (before the workshop), 56 at time point 2 (after the workshop), and 36 at time point 3 (four months after the end of the workshop). Semi-structured interviews have also been conducted with 20 participants.

Overall, the preliminary results are positive and suggest that the workplace self-management workshop has a positive effect on the participants' lives, lessening their symptoms of depression and anxiety, increasing their use of self-management strategies, and improving their psychological well-being at work, despite the COVID-19 pandemic.

Once data collection is completed, a more in-depth understanding of the effects of the *Living with a better workplace balance* workshop will be possible.

Relief wishes to thank Camille Roberge from the Laboratoire de recherche sur la santé au travail for her analytical work.

randomized controlled clinical trial on the *Living with anxiety self-management workshop*



Principal investigator:
Pasquale Roberge, Ph.D.,
Researcher, CHUS research
centre, and Professor,
Faculty of Medicine and
Health Sciences, Université
de Sherbrooke
Co-investigator: Janie
Houle, Professor,
Department of Psychology,
UQAM

Thanks to a five-year, \$605,000 grant from the Canadian Institutes of Health Research (CIHR) received in February 2020, this research study will assess the effects of the *Living with anxiety* workshop over a period of 24 months. Due to the pandemic, the work was slightly delayed. The co-investigators' committee met a few times this year, and the ethics approval process is well underway. It was agreed that the clinical trial would focus on the online version of the anxiety self-management workshop. The study is scheduled to start in January 2022.

thank you to
our research
partners

It would not be possible for us to embody a culture of assessment and research without the help of our partners. Thank you for giving us the opportunity to develop our knowledge and establish the scientific credibility of our services and our self-management approach in mental health.

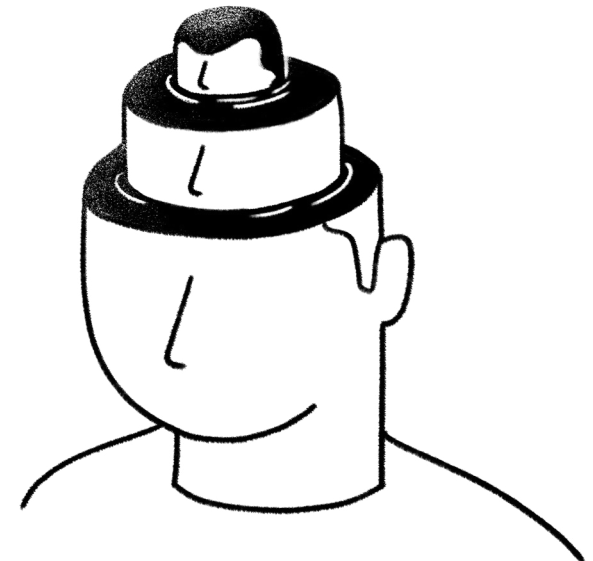


The tool's format has already been determined: It will be a mobile app, an engaging, user-friendly format for this age group. Relief has been appointed as the project lead and will work with psychologist and professor Stéphane Phial, holder of the Chaire Diamant (UQAM Research Chair in Design for e-Mental Health) to design the tool. Relief is currently seeking funding to develop the app.

*Getting Better
My Way:*
a version
adapted for
adolescents

Relief has been working with UQAM's Laboratoire Vitalité since the early stages of development of *Getting Better My Way*. As a next step, we will work together to create a version for teens ages 12-18 living with anxiety or depression. The work, which was started in 2019, is continuing under principal investigator Janie Houle, Professor in UQAM's Department of Psychology.

A knowledge crossover committee was formed, consisting of researchers (scientific knowledge), professionals from the health, education and community networks (professional knowledge), and young people in recovery (experiential knowledge), who have been trained as peer researchers. A study was done among 49 adolescents ages 12-18 to identify the self-management strategies used most often by young people in their recovery process. The tool will be created based on these strategies.



funding

SolidaiRevivre
campaign:
a total of
\$2 million
raised

#SolidaiRevivre

Thanks to the more than \$2 million raised by our ambitious fundraising campaign between June 6 and December 31, 2020, we were able to achieve two main goals: meet the growing needs in mental health through innovation and go virtual with our services.

Relief has developed a set of online tools that work and that are easy to use, including a scalable platform to meet the growing demand for mental health services. These tools, which include self-management workshops, individual and group interventions, and services for businesses, are up and running and part of our permanent service offering. In addition to creating jobs during an uncertain time, this campaign allowed us to:

- o **Help 30% more people** living with anxiety, depression or bipolarity, as well as their loved ones, during the pandemic;
- o **Lead 18 workshops for 229 people** since the start of the pandemic (from March to December 2020); and
- o **Help 13 businesses** to support their employees during these challenging times, specifically through webinars.

None of this would have been possible without the support of our presenting partner, Bell Let's Talk, and other important campaign donors, including the National Bank of Canada, the Fondation Casse-Tête, the Echo Foundation, the J. Armand Bombardier Foundation, the Molson Foundation and the Hewitt Foundation.



“Bell Let’s Talk is proud to put our support behind SolidaiRevivre as Presenting Partner, and to help Revivre develop and expand its virtual program to reach even more people across Quebec and Canada. As demand for mental health support has surged with the increased isolation and stress brought on by the COVID-19 crisis, Relief’s bilingual virtual workshops and support groups will enable more people struggling with stress and anxiety to practice self-care and better manage their symptoms.”

— Mirko Bibic, President and CEO,
BCE and Bell Canada

Going further:
a project
made
possible by
Bell Let's Talk

Easy access to our self-management workshops remains a priority for Relief. Thanks to the Going further project, funded by Bell Let's Talk, we were able to provide **23 organizations in 9 regions** (including Côte-Nord, Estrie, Mauricie and Nord-du-Québec) with a free starter kit they could use to offer the self-management workshops in their respective regions. A total of **43 professionals** were trained to facilitate the workshops. You can learn more about this initiative in Chapter 3.



*J'avance en
marchant:*
\$ 55,000
raised
during this
3rd edition

An impressive **220 people across Canada and around the world** walked for mental health on October 4, 2020. While the goal of the 3rd edition of J'avance en marchant was the same as in past years—to raise money to maintain and improve the services offered by Relief—this year's walk was a little different in that it was virtual. The participants each chose the location for their walk and then shared their experiences on social media. During their walk, they could listen to **three podcasts by celebrities** sharing their inspiring stories about mental health. Many thanks to the participants, their supporters and our donor partners, Biron and Tatum, for their generosity! And thank you to BiCom for our first influencer marketing campaign and our partnerships with 25 nano-influencers who helped spread the word about the walk!

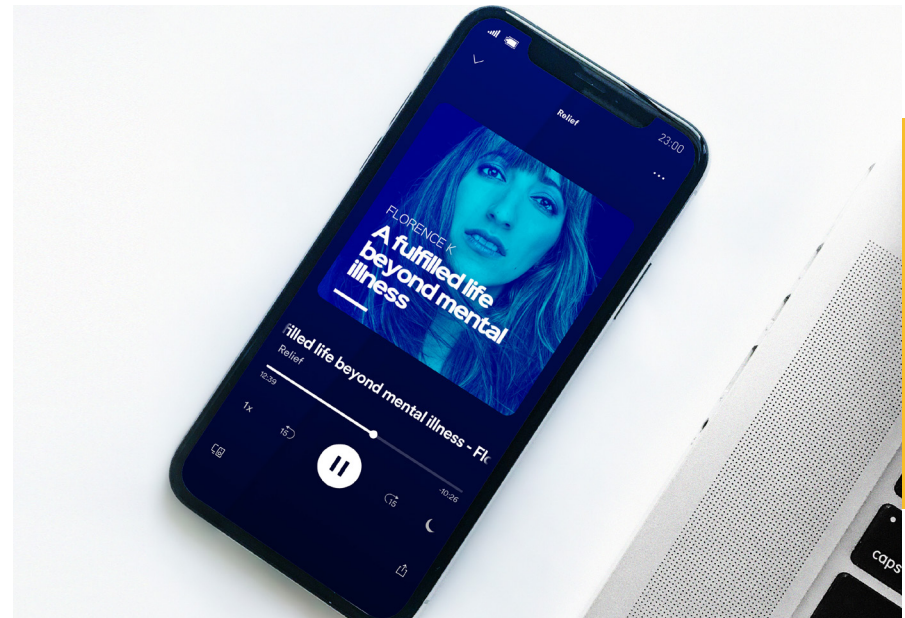
For the 4th edition, to be held on October 2-3, 2021, again in a virtual format, J'avance en marchant will become The Relief Walk.

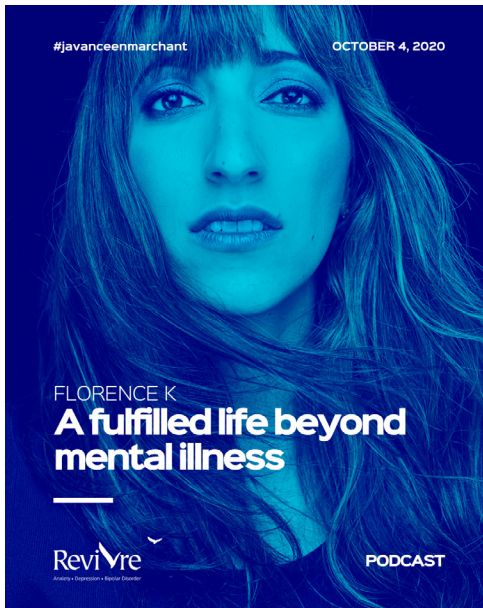
numbers
and statistics

\$ 55 000
raised from more
than 600 donations

7 889
interactions and
381 posts on social media

600
podcast listens on walk day (available on Spotify,
Apple Podcasts and Google Podcasts)





a fulfilling life beyond mental illness

Florence K, a Quebec artist living with bipolarity, talks about her mental health journey, looking back at moments from her personal and professional life and the important lessons that helped give her better insight into her mental health.



a love that conquers all

With no shortage of emotion, Jean-Rémy Provost, Relief's Executive Director, shares his experience as the spouse of a person living with bipolarity, reminding us that love can conquer all—even mental illness.

*only available in French



the courage to speak out

Pierre Craig, journalist and former host of "La Facture," bares his soul in this frank discussion about his mental health journey, sharing his experience with panic attacks openly and honestly—and with refreshing optimism!

*only available in French

a community in action

Third-party initiatives are increasing every year, the sign of an expanding support community that cares deeply about mental health. In total, these initiatives raised **\$39,731 this year**, in part from new donors.



Galerie Claude Lafitte: art for mental health

Claude Lafitte, president of Galerie Claude Lafitte, held two art auctions benefiting Relief, from May 1–30, 2020, and from October 19–November 3, 2020, which raised a total of **\$30,000**. Up for offer were close to 50 paintings by such influential Canadian and European painters as Marc-Aurèle Fortin, Jean-Paul Riopelle, Marc-Aurèle de Foy Suzor-Côté, Paul-Émile Borduas and Jean Paul Lemieux, to name a few. The first edition was held in 2019, and Mr. Lafitte intends to uphold the tradition in 2021–2022.

a community in action



Le Tricheur (TVA): playing for a good cause

Le Tricheur is a Quebec pop-culture quiz show that airs on TVA and is hosted by Guy Jodoin. Each week, different artists play for a charity of their choice. Marie-Ève Morency (actor), Hubert Proulx (actor) and Anik Jean (singer) gave a total of **\$5,345** to Relief.



Kim Morissette: an ambitious entrepreneur with a heart of gold

Kim Morissette is the businesswoman behind La Kogiteuse and Journal Ambition, a personal development and planning tool. She donated a percentage of the sales from her journal—**\$543**—to Relief, along with a print copy to be used as a door prize during J'avance en marchand. She also gave a nod to Relief in her podcast.

a community
in action



**Bell Let's Talk:
a successful Facebook Live event by Relief**

Since 2010, the Bell Let's Talk campaign has tackled the stigma and broken the silence around mental health to create positive change in Canada. For each interaction on Bell Let's Talk Day (like, share or post containing the #BellLetsTalk hashtag), the company pledges to donate 5 cents toward mental health initiatives. On February 26, Relief organized a Facebook Live event called "Every path of mental health counts" Martin Enault and Christine Sauvé, respectively Relief's President and Mental Health Worker, shared their stories, along with some everyday ways to break down the stigma surrounding mental health. A total of **191 people** took part in the event, which garnered more than **778 views** on Facebook.



statement of
income and
expenses and
changes in net
assets

	2021	2020
	\$	\$
income		
Grant	739 511	300 070
Donations	1 505 437	562 281
Workshop and training	277 381	399 721
Sales of documents	91 604	171 847
Other income	8 058	47 953
	2 621 991	1 481 872
expenses		
Cost of goods sold	107 425	27 308
Salaries	994 897	708 750
Selling and administration costs	274 366	203 594
Insurance, taxes et permits	42 822	45 381
Professional fees	588 847	167 534
Demo and associative life	968	3 034
Development and communication	134 064	104 244
Financial expenses	10 063	15 745
Amortization	10 077	9 135
Activities and events	7 498	163 696
	2 171 027	1 448 421
	Excess of revenue over expenses	450 964
	Net assets at the start of the year	163 210
	Net assets at the end of the year	614 174

Year ended March 31

Relief intends to use, over the next two years, part of its surplus funds for projects related to research, development and the creation of new monitoring and support methods for better self-management of mental health.

thank you to
our financial
partners

Without our financial partners, it would be impossible for us to fulfil our mission or to keep offering the projects that have helped thousands of people living with anxiety, depression or bipolarity, as well as their loved ones. Thank you for enabling us to do what we do. To do more. To do better.



trailblazer
\$500,000-
\$1,000,000+



caring
\$250,000-
\$499,999



attentive
\$100,000-
\$249,999



visionary
\$25,000-
\$49,999

- o Centraide du Grand Montréal
- o Fondation J.A. DeSève
- o Galerie Claude Lafitte
- o IA Groupe Financier
- o Power Corporation du Canada

innovator
\$5,000-
\$24,999

- o Caisse Populaire Desjardins Quartier latin
- o Designstripe
- o Famille Jean C. Monty
- o Fondation Carmand Normand
- o Fondation du Grand Montréal
- o Fondation Dufresne Gauthier
- o Fondation François Bourgeois
- o Fondation Jacques et Michel Auger
- o Fondation Lise et Richard Fortin
- o Groupe Biron
- o Janssen
- o Lundbeck
- o Rhum

resilient
\$4,999
and under

- o Cogeco
- o Fondation Laure-Gaudreault
- o Fondation Telus
- o Maison Simons
- o OACIQ
- o XAV Solutions

a supportive community

Living +: the power of the group approach

One of the main strengths of Relief's self-management workshops is their group approach, which is based on participants helping and supporting one another. The *Living +* initiative is proof of this. In 2016, former participants in our self-management workshops started the *J'avance +* sessions (now called *Living +*) to continue working on their self-management skills and learning together as a group beyond the 10–12 weeks devoted to the workshops. These free monthly meetings are led by people with real-life experience, while still being based on mental health best practices for this type of service. The Relief intervention team provides training for the volunteer co-facilitators and helps with organizing the meetings, which have been attended by a total of 241 people.

- o ***Living + Anxiety:*** There have been 8 sessions attended by a total of 112 participants.
- o ***Living + Bipolarity:*** There have been 8 sessions attended by a total of 129 participants.

a network of nearly 500 members

As of March 31, 2021, Relief had **498 members** across Quebec who have embraced our services and our self-management approach to mental health. Being a member of Relief means helping to support people and families living with anxiety, depression or bipolarity, to allow them to continue moving forward.

annual general meeting

Relief's annual general meeting was held via Zoom on June 17, 2020; **15 members** of Relief attended.



the people behind Relief

volunteering at Relief

Year after year, Relief relies on the support of volunteers who are passionate about mental health to help it fulfil its mission. And 2020–2021 was no exception with:

494
hours of
intervention

1 232
telephone or email
interventions

62
virtual support
group sessions

133
workshop hours
with 1,219 participants

16
*virtual Living +
sessions**

*previously known as
J'avance +

Thank you to the **20 volunteers** who helped us provide our various services (support groups, helpline, *Living +* sessions, technical helpline, administrative support) and who allowed us to do more this year, which was an especially challenging one for people living with anxiety, depression or bipolarity, and their loved ones.



"I've been volunteering at Relief since January 2020. Every week, I provide self-management support by phone and email, on top of leading virtual support groups.

I'm involved with Relief because I truly believe in the importance of supporting people as they find their own path to mental health through self-management. Relief is built on an approach that takes a holistic view of the person as a unique being, but also as the expert on their own life. This position aligns with my own vision of the helping relationship, where each person is the captain of their own ship. It allows us to tap into our inner resources and find creative ways of building a toolbox to help us better navigate our mental health.

My experience with Relief has been (and continues to be) extremely rewarding. I learn so much every week, both personally and professionally. And there's really no such thing as a boring session! Every experience brings something new to the table and leads me to reflect on the different parts of my life, the world, and my role as a caregiver and future healthcare professional. We have so much to learn from each other! And of course, the openness and compassion of everyone at Relief makes my volunteering experience all the more enjoyable."

– Émylie Giguère, volunteer at Relief

Guy Latraverse:
recipient of the
distinguished
Ordre de
Montréal



An extraordinary man who's done so much for Relief and for mental health, Guy Latraverse served as Chair of the Board of Directors for 20 years and continues to be a sitting director to this day. As the first person in Québec to speak openly about mental illness, his pioneering work has helped pave the way to mental health for everyone. This year, his dedication and professional achievements were recognized by **the distinguished Ordre de Montréal** and the title of officer. On behalf of the entire Relief team, thank you for breaking down the barriers and allowing us to continue moving forward!

huge thanks to Stefie Shock and Véronique Bannon!

For Stefie Shock and Véronique Bannon, spokespersons since 2007 and 2014, respectively, 2020 marked the end of their term, although both women have agreed to continue working closely with Relief. We can't thank them enough for their role in helping to demystify anxiety and depression for all these years!

the voices
of Relief



Pierre Craig

**Journalist
Spokesperson since 2016**

With his legendary sensitivity and candour when it comes to talking about anxiety, Pierre has given numerous testimonials to employees and managers in order to empower them to ask for help with striking a better balance at work and in their personal lives. He was also one of the celebrities who shared his story for the podcasts produced for the third edition of *J'avance en marchant*.



Florence K

**Author-composer-
performer and pianist
Ambassador since 2019**

Relief spent a full year working with Florence K— who even dropped by our office for a visit— —to raise public awareness for mental health disorders, especially bipolarity. She talked about her journey in a podcast for the third edition of *J'avance en marchant*.

our board of directors

Relief's Board of Directors, made up of people living with anxiety, depression or bipolarity, family members and volunteers, met five times during 2020–2021.



Martin Enault

Chair
Lead – Entrepreneur in
Residence, Centech



Guy Latraverse

Président honoraire
Honorary Chair
Producer, Officer of the Order
of Canada, Knight of the Ordre
national du Québec, Officer of
the Ordre de Montréal



Brian G. Bexton, M.D.

Honorary Vice-Chair
Psychiatrist and
psychoanalyst



Isabelle Foisy

Secretary
President and Founder,
Point cardinal



Marie-Chantal Ménard

Treasurer
Vice-president, Finance,
Félix & Paul Studios



Marcel Aubin

President,
Tatum agence créative



Isabelle Turcotte

Vice-president, Marketing
and Communications,
Scale AI



Étienne Crevier

President-CEO,
Medfuture



Stéphanie Ipavec-Levasseur

Product Director – Health,
Desjardins Group Insurance



Simon Lafrance

President-CEO and Senior
Partner, STRATEGUEUM



Anthony Palermo

Co-founder,
Connect & Go



Mathieu Rompré

Senior Director, Business
Development and Public
Relations, Blakes



Serge Beaulieu, M.D.

Psychiatrist and Medical Chief, Bipolar
Disorders Program, Douglas Mental Health
University Institute, CIUSSS de l'Ouest-
de-l'Île-de-Montréal, and Executive
Chair, Canadian Network for Mood and
Anxiety Treatments (CANMAT)



Nadia Therrien

Founder and Storyteller,
Lussona Agency

our team

management

Jean-Rémy Provost, Executive Director
Danielle Germain, Clinical Director
Josée Lafitte, Director of Partnerships
Josée St-Amand, Senior Lead Growth Marketing

coordination and support

James Amaral De Matos, Accounting Technician
Alexandra Guérin, Digital Marketing and Communications Coordinator
Élizabeth Jong, Administrative Assistant
Danielle Leblanc, Receptionist
Gabrielle Mercier-Richard, Service Coordinator
Mélanie Mercuri, Counsellor and Project Manager
Chantal Roby, Partnership Coordinator

intervention team

Annie Beaudin
Lauriane Boulerice
Vicky Chicoine
Patricia Clavet
Sylvie Elsig
Sophia Escobar Moreno
Édouard Murat
Angéline Roy-Hébert
Christine Sauvé

self-management workshop trainers and facilitators

Annie Beaudin
Vicky Chicoine
Virginie Dubé
Catherine Gareau-Blanchard
Angéline Roy-Hébert
Christine Sauvé

self-management workshop facilitators

Camélie Archontakis
Mariane Aumais
Gwenvael Ballu
Myreille Bédard
Julie Berson
Thalassa Bouchard
François Delisle
Lydia Gamache

volunteers

Vickie Bergeron
Marie-Pier Côté
Laurent De LaDurantaye
Laurie Desmarais
Julie Tremblay-Devirieux
Marie Dominique
France Gagnon
Emylie Giguère
François Jouannaut

Catherine Gareau-Blanchard
Line Leblond
Saadia Maaroufi
Patricia Marinelli
Isabelle Matteau
Pascale Monette
Nathalie Privé
Camille Rioux
Isabelle Roberge-Maltais
Ida Shmaev

Yves Jourdain
Florence Khoriaty Riley
Mathieu Labrecque
Catherine Leclerc
Serge Lemay
Roger Lépinay
David Morency
Jacques Petronzio
Myriam Phaneuf
Marquita Thériault
Coralie Valeix

external consultants

Émilie Auger, Support for Virtual Workshops
Éric Barbeau, Public Relations Strategist
Simon Barrette, Software Engineer
Martin Binette, Senior Advisor, Workplace Mental Health
Debbie Blythe, Translator
Ann Marie Boulanger, Translator
Mathieu Brassard, Social Media Strategist
Simon Coulombe, Associate Researcher
Marwan El-Khatib, Engineer
Kevin Fouillet, Graphic Designer
Cathrine Gauvin, Funding Coordinator
Gabriel Houle, Social Media Strategist
Joachim Lépine, Translator
Rita Mercio, Funding Coordinator
Benjamin Pétrieux, Developer
Simon Rivard, Digital Transformation Strategist
Charles Saliba-Couture, Writer
Michael Shaw, Google Ad Grant Strategist
Christine Simard, Digital Content Strategist



We would like to thank the following individuals, who left Relief in 2020, for their exceptional contributions: Nadia Hammouda, coordinator for the Anglophone community; Julia Brito-Denis, counsellor; and Lewis Moreau, counsellor. We would also like to welcome the following new members to the team: Lauriane Boulerice, Patricia Clavet, Sylvie Elsig, Alexandra Guérin and Gabrielle Mercier-Richard. **The team continues to grow and expand** so that we can do more for people living with anxiety, depression or bipolarity, and their loved ones. Thank you for your dedication during this pivotal year for Relief and for mental health!

When we look back on our achievements this past year, we can't help but feel proud of ourselves, our partners and our community.

But above all, we're proud of all the people and families who continue to follow the path to mental health while living with anxiety, depression or bipolarity.

While they might not know it, they are our strength and inspiration in our ongoing efforts to improve our collective well-being.

Thank you for sharing your stories and for opening up about the impact that Relief and self-management have had on your lives!





“Seven years after being diagnosed with bipolar II disorder, I couldn’t help but feel a tremendous sense of hope when I joined Relief. My goal was to find support and more information than what I’d already found on the Internet. But I found so much more: a warm, empathetic welcome from our two counsellors and a welcoming, friendly and respectful group atmosphere. I came away with sincere, genuine friendships and a better understanding of myself and my bipolar disorder. The workshops and group exercises helped me to be more accepting of my situation and my limits, and to be better in tune with myself during my ups and downs. I learned to apply strategies to protect myself during my periods of both mania and depression. My spouse is very involved in the process, and thankfully she’s very present and sensitive to what I’m going through. The openness, acceptance, respect and great professionalism of the counsellors have had a huge impact on my life. To this day, someone is always willing to listen to me when I’m not doing so well. I’m so grateful to Relief and all the staff and counsellors there. I now feel better prepared to tackle the challenges that come my way. I feel stronger and more confident in my abilities. At first, I thought of myself as being “sick.” But now I know that the disorder doesn’t define me. I’ve gone back to work part time, and I’ve set a goal to stay in tune with myself and apply the strategies I’ve adopted to stay balanced. I’m proud to say that it’s going really well. I’m very happy!”

– Martine Maisonneuve,
participant in the *Living with bipolarity*
self-management workshop

contact us

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