

mental health worker

As a mental health worker with Relief (formerly Revivre), you'll have the opportunity to make a real impact on the recovery process of people living with anxiety, depression, and bipolar disorder – and their loved ones. With your empathic listening skills, your authenticity, your knowledge, and your ability to communicate self-management strategies, you'll provide those people with individual support and group interventions.

As part of a close-knit team of caring mental health workers, you'll build relationships of trust with people who contact Relief, creating a safe, non-judgmental space that provides them with an anchor in the storms of daily life.

your main responsibilities

daily

- Respond to requests for support and information from people contacting Relief
- Carry out individual interventions (by phone, email, ad hoc consultations, online forum, Facebook messaging)
- Participate in discussions and meetings of the intervention team

self-management workshops and periodic support groups

- Have telephone conversations with participants registered for self-management workshops and explain how they work
- Facilitate self-management workshops developed by Relief
- Moderate support groups by facilitating interactions between participants

occasionally

- Support and train volunteers in intervention methods and crisis management
 - Lead webinars and give talks on anxiety and mood disorders and self-management support
 - Represent Relief at meetings with external collaborators at conferences or kiosks
 - Develop new tools for the team or get involved with Relief projects that speak to you
-



the path of
mental health

requirements

- An undergraduate degree in a field related to counselling (psychology, social work, psychoeducation)
- At least two years' experience in a similar position
- Knowledge of mental disorders, particularly anxiety, depression, and bipolar disorder
- Relevant experience with NGOs
- Knowledge of the mental health institutional and community environment
- Be fully bilingual – able to intervene in both French and English
- Good knowledge of Office 365

you're the person we're looking for if:

- You're known for your exceptional empathy and active listening skills
- You enjoy both working with teams and working autonomously
- You're adaptable and comfortable in many different situations
- You're patient and able to stay calm, cool, and collected in any situation, especially the most delicate and complicated (e.g., suicide crisis and high psychological distress)
- You enjoy developing relationships of trust and demonstrate effective interpersonal skills
- You are organized, proactive, and a team player
- You would enjoy working for an innovative organization that makes the most of the diversity of its employees

working conditions

Full-time position – 35 hours per week

Salary: \$50,000

Group insurance (employer's contribution 70%) and telemedicine service (physical and mental health) for you and your family

Start date: ASAP

Workplace: Montréal

Join our experienced team! We care about our employees' well-being and offer a warm and friendly environment. Our bright new offices are located in the heart of downtown Montréal.

Keep reading to learn ten reasons to work at Relief!

Email your CV and cover letter to the selection committee at: embauches@myrelief.ca

Please use the following subject line in your email: "Application – Mental health worker, Last name, first name. Please note that only those invited to an interview will be contacted.



the path of
mental health

10 reasons to work at Relief

(formerly Revivre)

Below are ten reasons to work at Relief and to use your experience to support people living with anxiety, depression, and bipolar disorder and their loved ones. We could have listed more, but we wanted to have a nice round number!

1 – Your well-being is ours

Your mental health is our top concern. We firmly believe that to support people living with anxiety, depression, and bipolar disorder, you must first take care of your own mental and physical health. We share that responsibility and, as your employer, we do our part by placing kindness and your well-being at the heart of our corporate culture.

2 – A fantastic team

Solidarity is not just a concept to us. Our team lives it every day. We help each other, and that's what enables us to accomplish things we would never have believed possible alone. Reacting quickly when necessary. Turning on a dime. And celebrating our accomplishments together!

3 – Your voice counts

No more ten-point agenda meetings just to inform our team of decisions made behind closed doors by the "executive committee." At Relief, every voice counts. All our team members are involved in decision making. Your ideas are not only welcome, but also solicited and recognized! Our managers' doors are always open, and we leave the formalities at the door!

4 – A positive impact

Our actions help the people we support, but we'd be lying if we said they didn't help us too. There's nothing more validating than seeing the impact you have on the lives of the people you support along the path to mental health. That's what gets us out of bed every morning and gives us the strength to continue, even when times are tough, as they are right now.

5 – How are you? (really)

This simple question is at the heart of our interactions. You'll always find a sympathetic ear to listen to you, without judgment. We talk regularly about our own mental health, and the management team is no exception. At Relief, there are no taboos. We value your experience with mental health as much as we do your professional experience.

6 – A sense of humour

Mental health is serious, but that doesn't mean we can't have fun! Humour is alive and well in our team and helps us to stay balanced. We've lost count of the number of GIFs we send each other on Teams. Almost enough for a feature film!

7 – A flexible schedule

Since there's more to life than work, our flex hours are adapted to the highs and lows of life. To your relief. Work-family balance, reduced hours, and accommodations as needed.

8 – Mental health days

Each person has one mental health day each season to take care of themselves and their mental health. Want to go for a walk in the sun? Carry out an art project? Finish your to-do list? You're free to use that day any way you wish!

9 – Telemedicine service

Thanks to a partnership with Dialogue, you'll have access to their telemedicine service, which has hundreds of multidisciplinary practitioners giving you access to consultations about your mental and physical health.

10 – A prime location

Our offices are located in the heart of the action, close to a metro at the intersection of two main streets: Saint-Denis and Sherbrooke. Our offices are bright, and there's even a roof terrace where you can soak up the sun in summer!

our mental health workers

Mental health needs keep growing, and so does our intervention team! We know that mental health workers are vital to what we do, so we take good care of them.

Individual consultations, interventions by phone and in writing, co-facilitation of self-management workshops, facilitating support groups, and participating in team meetings: there's no lack of diversity in what you'll do!

Whatever service we offer, we take whatever time it needs. We're dealing with human beings, not "clients" – let alone "numbers." We leave the statistics to our annual reports. In our day-to-day work, it's people who count.



the path of
mental health

“Relief offers me a warm and welcoming work environment full of opportunities. I feel I can take my place there and have a real impact as a peer support worker both with my colleagues and with the people I support every day. This recognition of my experiential knowledge by my employer is greatly appreciated!”

– Annie Beaudin, mental health worker at Relief

“Being a mental health worker at Relief sometimes means throwing a lifeline in the midst of a raging storm and sometimes just a friendly nod confirming a good choice. It’s making yourself available, in a relationship of equals, to highlight concrete tools, every day, with kindness. It’s creating a safe space where people living with anxiety, depression, and bipolarity can find a reflection of their similarities, hopes, and difficulties.

– Christine Sauvé, mental health worker at Relief

**join our mental health team
and walk the path with us!**

