

**Object: Explanatory letter regarding Relief individual self-management support**

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To whom it may concern:

This letter is intended to provide some explanations about the individual self-management support that your client would like to undertake with our organization.

Individuals are supported by a Relief mental health worker in order to (re)discover a better quality of life and regain power over their mental health, using active listening and self-management tools hosted on a digital platform. Each person can choose from among 16 self-management topics, each lasting 50 minutes per two weeks, with a 20-minute followup between sessions.

More broadly, we provide support to people seeking to regain control of their health by helping them implement a wide range of strategies to improve their quality of life and mental health. The idea is to empower participants to make good use of the resources available to them while taking a proactive role in their recovery. This approach, called self-management support, while not a replacement for psychotherapy or medical care, is among the best practices recommended by the WHO and Québec's Ministère de la Santé to deal with mood or anxiety issues.

This support was developed based on rigorous scientific principles and the process was documented in a peer-reviewed scholarly journal: Sauv , C., Mercuri, M., Coulombe, S., Beaudin, A., Villatte, A., Drouin, M-A., Provost, J-R. (in press). *Exploration du r le, des bienfaits et des d fis du co-design dans la cr ation de services d'accompagnement   l'autogestion en sant  mentale au Qu bec : une r flexion appuy e sur la litt rature et un projet en cours. Revue Sant  Mentale Qu bec*

The intervention was developed as part of research funded by an independent government granting agency, the Social Sciences and Humanities Research Council. The research was led by Simon Coulombe, PhD in psychology, associate professor and holder of the Relief Research Chair in Mental Health, Self-management and Work (Universit  Laval), in collaboration with researchers and professionals in psychology (Marc-Simon Drouin, PhD, Universit  du Qu bec   Montr al) and psycho-education (Aude Villatte, Universit  du Qu bec en Outaouais).

The content of the intervention is based on self-management materials validated by an interdisciplinary committee of experts.

You can find more information at <https://relief.ca/individual-self-management-support>.

I trust everything is to your full satisfaction.

Yours sincerely,

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mental health

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