

# 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