

Individual self-management support for Quebec's entrepreneurs

A free self-management support program offered to 100 entrepreneurs who are experiencing symptoms of anxiety, depression, burnout, or bipolar disorder.

With the financial support of



our innovative approach

What is Self-Management Support?

Self-management in mental health is the set of actions we take on a daily basis to take care of ourselves.

Self-management support consists of guided assistance offered by a mental health worker to individuals facing mental health challenges. Through guided group activities or individual meetings, the mental health worker helps the individual understand themselves better, gain knowledge about their specific mental health condition and its manifestations, and learn about available tools and coping strategies. The ultimate goal is to give them back the power over their mental health.

This psycho-educational approach helps improve adherence to treatment, reduce the duration and intensity of symptoms and prevent relapses for people living with anxiety, depression or bipolar disorder.




What is our Individual Self-Management Support Service?

- **targeted, practical strategies** for daily implementation, empowering individuals to regain control over their mental health.
- fully **virtual, flexibles** meetings to meet individual needs.
- psychoeducational Content and non-directive guidance to develop **personal goals** and implement a **customized self-management plan**.
- A **safe, reflective space** conducive to positive change.
- **quick access to an innovative support service** aimed at reducing long delays in access to public services.
- a **complementary approach** to psychotherapy, rather than an alternative.

a program designed for entrepreneurs

A 12-week Program

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- **First session: my current self-management portrait**
a 50-minute session to help determine your individual self-management support path
 - **Entrepreneurship-specific session**
 - **Topic-focused session, to choose from a menu of 16 topics**
each session include: one 50-minute session, one 20-minute follow-up session by phone or Zoom, access to the digital platform for one year
 - **Final session: My self-management review**
50-minute session is intended to highlight your achievements and set a new goal to support your next steps

la démarche inclut



individual meetings
with a mental health
practitioner.



virtual meetings via
Zoom



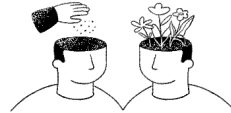
services offered in
French or in English



annual access to
Relief's digital
platform Thinkifik



choice from [a menu of
16 topics](#)



A session dedicated to
entrepreneurs' specific
challenges



psychoeducational
content: exercises,
discussions, and readings



available everywhere in
Quebec

Why is self-management support relevant for entrepreneurs?

- An approach that matches the entrepreneur's profile: building on individual **strengths**, encouraging **autonomy** and **empowerment**.
- **Flexible tools adapted** to their reality, rather than a fixed, time-consuming service
- Promotes **self-knowledge**, a key to entrepreneurial success
- Each individual **pilots his or her own path**, with a facilitator adapting their support to his or her reality.

Registration for the second cohort of 35 places opens on September 16, 2024.

Interested entrepreneurs can contact their organization's point person in complete confidentiality. Registration is online and places are assigned on a first-come, first-served basis.

participant registration

It's not:

- A hotline for discussing everyday issues (stress, interpersonal relations, conflicts, etc.)
- A stress management program
- A prevention and healthy lifestyle program for people in good mental health
- Coaching/mentoring to help entrepreneurs deal with business issues
- A 24/7 suicide prevention hotline

Eligibility criteria:

Active owner of an incorporated business (with a Québec enterprise number) that has between 1 & 10 employees inclusively.

or

Active owner of a startup: a digital technology company with global ambitions and a business model that will ensure strong and rapid growth, that has been in existence for less than two years and does not yet have any employees.

AND

The program is open to anyone actively living with self-reported symptoms of anxiety, depression, burnout or bipolar disorder.

thank you!

