



Become a PEER HELPER!

You care about your colleagues who are living with psychological distress and you want to listen to their needs? We're looking for people who are engaged in their workplace.

By becoming a Peer Helper in your workplace, you will:

- Contribute to maintaining the psychological well-being of your colleagues and your teams
- Help those in need to take care of themselves or others during difficult situations or important decisions
- Share thoughts, coping strategies, information, and resources
- Promote introspection in your colleagues, while providing support, help, and instilling hope

Take free training:

Two short online courses (45 to 90 minutes each).

Please take note that during the training, you will receive your usual pay.

Becoming a helper – a simple way to make a big difference!

Apply now to become a Peer Helper and make a difference in your workplace. Send an email of interest to the following address:
soutienparlespairs.09cisss@ssss.gouv.qc.ca.