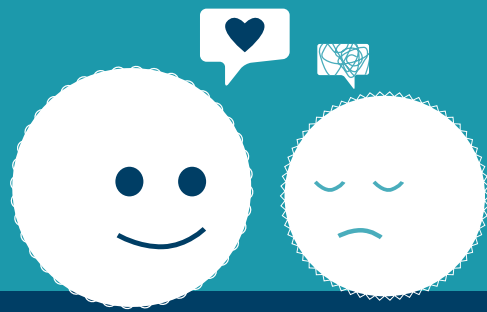


You take care of others



léo What if you thought about yourself, too?



Léo is a counselling line for people involved in CO-OPs and NPOs in Quebec. This professional support service is free, confidential and available quickly.

1-855 768-7LEO



LÉO, what is it?

LÉO is a counselling line for workers, former workers and volunteers in the social economy and community action employment sector.

This free support service is in response to the psychological distress that has emerged in organizations in the COVID-19 context.

The service is available in **French, English and Spanish**.

LÉO, is it for me?



You:

- Work in a collective organization (NPO/CO-OP)
- Manage a collective organization (NPO/CO-OP)
- Lost your job in a collective organization (NPO/CO-OP) within the last 6 months
- Volunteer at a collective organization (NPO/CO-OP)

Then yes! LÉO is for you!



Who's answering when I call LÉO?

We are collaborating with an organization that has been working in mental health for **over 35 years**. These professionals are all qualified and experienced. Their service is personalized, confidential, compassionate and respectful.



What can I talk about?

The counsellors are trained to respond to a **wide range of issues**. Here are a few examples:

- Personal difficulties (mental health, stress, anxiety, etc.)
- Relationship problems (separation, divorce, domestic violence, etc.)
- Workplace problems (harassment, stress, motivation, etc.)
- Family struggles (conciliation, children with special challenges, overwork, etc.)
- Financial difficulties (debt, bankruptcy, pre-retirement, etc.)

« —————

**I feel
relieved,
lighter
and more
confident!**

————— »



LÉO, how does it work?

1. Call 1 855 768-7LEO (1 855 768-7536) :
 - Between 9 a.m. and 5 p.m., a counsellor answers you directly.
 - After office hours, leave a message and we'll call you back the next day.
2. We take a few minutes to identify your need, make sure you're in the right place and that the formula is right for you.
3. Up to 5 one-hour sessions (5h of support) are scheduled together.