



léo

📞 1 855 768-7536



LÉO, WHAT IS IT?

LÉO is a provincial 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 ON THE OTHER END OF THE LINE 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.)



HOW DOES IT WORK?

1. Call 1 855 768-7LEO (1 855 768-7536)
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.
 - 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
3. Up to 5 one-hour sessions (5h of support) are scheduled together

WHAT LÉO USERS ARE SAYING

- « The LÉO program came at the right time in my life! »
- « I found the services fast and efficient! »
- « The LÉO program completely met my needs! »
- « I feel relieved, lighter and more confident! »
- « I liked the accessibility and proactivity of the formula! »
- « I'm going to recommend it to my colleagues who could benefit from it! »



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