

VALÉRY

brosseau

www.valerybrosseau.com

Valéry Brosseau is a passionate speaker, writer and mental health advocate. She began volunteering at the Distress Centre Durham in 2013, quickly moving from help-line volunteer to supervisor and trainer. In 2017, DCD awarded her their Volunteer of the Year Award and in 2018, she won Distress and Crisis Ontario's Spirit of Volunteerism Award.

She holds a diploma in Social Service Work from Humber College and has attended Ryerson University and University of Toronto as a psychology student. She has also completed countless certificates, such as the Applied Suicide Interventions Skills Training. She is currently completing a Master's of Social Work at the University of Windsor.

Valéry now delivers talks and workshops, raising awareness and equipping people with the tools and language to support others and manage their own mental health. She has written for organizations such as the National Alliance for Mental Illness and the International Bipolar Foundation and In 2019, she delivered a TEDx talk on the stigma surrounding suicide.



WHAT PEOPLE ARE SAYING:

I found the training on Suicide Intervention to be very informative and feel that Valéry's approach to discussing the topic was direct and applicable while remaining respectful. Drawing on her lived experience, Valéry was able to share the information in a way that was very in tune with situations we may encounter in our personal/professional lives. Likewise, the opportunity to ask questions and share experiences provided an opportunity for critical reflection around how the information discussed can be applied on a day to day basis.

- Dana Lythgoe, TCAT Coordinator, The Neighbourhood Group

"Wow! Valéry was so amazing! So real, eloquent and knowledgeable. She is so strong to have come through the crisis that she has and our students got so much out of her presentation."

- Debbie Armstrong, Gates College

"Valéry was engaging and, through her personal experiences and expertise, provided our staff with valuable information on various mental health conditions, the stigma associated with them, and tips on discussing mental health in the workplace and how to care for our mental health."

-Alexandra Catalano, CHRP | Training Specialist – Alcohol & Gaming Commission of Ontario

AS SEEN & FEATURED IN:



Valéry Brosseau



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