

VALIDATE

mental health consultants

VALIDATE MENTAL HEALTH CONSULTANTS IS A CANADA-WIDE FIRM OFFERING SPEAKING ENGAGEMENTS, WORKSHOPS, AND TRAINING ON A VARIETY OF MENTAL HEALTH TOPICS. EACH MEMBER OF OUR TEAM HAS LIVED EXPERIENCE AND OFFERS SERVICES BASED ON THEIR AREA OF EXPERTISE. WE STRIVE TO COM-BINE OUR EDUCATION AND CLINICAL EXPERI-ENCE WITH KNOWLEDGE THAT CAN ONLY BE GAINED BY WALKING THE PATH OF RECOVERY. THIS ALLOWS US TO APPROACH THE SUBJECT MATTER IN AN ACCESSIBLE AND HUMAN WAY. WE BELIEVE IN THE POWER OF AUTHENTICITY AND COMPASSION TO CREATE SAFE SPACES TO HOLD SUCH CONVERSATIONS, TO SUPPORT OTHERS AND TO COMBAT STIGMA.

some of our previous clients



UNIVERSITY OF
TORONTO



CENTRE FRANCOPHONE
DU GRAND TORONTO



ALSTOM



AGCO

Alcohol and Gaming
Commission of Ontario

FRAS

Financial Reporting &
Assurance Standards
Canada



TNG
Community Services

CENTRAL NEIGHBOURHOOD HOUSE
NEIGHBOURHOOD LINK
ST. STEPHEN'S COMMUNITY HOUSE

BOMBARDIER



Valéry Brosseau, MSW, RSW

CEO & Head Facilitator

Valéry is a passionate speaker, writer and mental health advocate. She began her career in 2013 as a volunteer, winning awards for her work.

She has completed countless certificates, such as the Applied Suicide Interventions Skills Training, Therapeutic Crisis Intervention and Trauma Informed Approaches, and she holds a Master's of Social Work from the University of Windsor.

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.

Areas of Expertise

- Mental health awareness
- Suicide intervention & prevention
- Self-harm support
- Borderline personality disorder
- Panic attack first aid
- Compassion fatigue & burnout
- Peer support & peer support training
- Workplace mental health
- Storytelling & awareness—crafting and sharing stories of lived experience
- Personal story of mental illness, suicide & recovery



associate facilitators



John Laforme

Areas of Expertise

- Indigenous mental health
- Indigenous practices & teachings
- Cultural understanding & awareness
- Intergenerational trauma
- Knowledge Keeper, Song Keeper & Pipe Carrier
- Personal story of mental health, addiction, homelessness & recovery



Onika Dainty

Areas of Expertise

- Understanding Bipolar Disorder
- Rebuilding after Bipolar Relapse
- Role of Gratitude in Recovery
- Boundary Setting as Self-Care
- Mental Illness and Substance Use Disorder
- Access to Mental Healthcare
- The Power of Journaling
- Self-Reflection, Self-Discovery, Self-Compassion, Self-Awareness
- Mental Health Crisis Management



Jaime Vinderine

Areas of Expertise

- Yoga practices
- Movement practices
- Mindfulness & breathwork
- Expressive arts & self-expression
- Self-awareness & authenticity
- Self-care & self-compassion
- Personal story of suicide loss grief



Andrea Ellsworth

Areas of Expertise

- Yoga practices
- Movement practices
- Mindfulness & breathwork
- Conflict resolution & interpersonal relationships
- Boundaries and workplace relationship management
- Burnout and self-care
- Holistic approaches to wellness



Ravi Sarin

Areas of Expertise

- Psychosocial approaches to mental health recovery
- Schizophrenia & psychosis
- Building rapport with clients experiencing psychosis
- Peer support expert
- Self-care and symptom management strategies



Erin Herle

Areas of Expertise

- Mindset training
- Leadership skills & training
- Performance optimization & elevation
- Mental skills training
- Resilience training
- Personal story of mental health & competitive athletic career

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

“Jaime ran a class for myself and my team, it was done via zoom. Her ability to guide us through our practice even from another country was an incredible experience and our whole team benefitted from her expertise.”

- Jeremy | Team Lead

“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

“Validate Mental Health is an organization that gives new meaning to lived experiences. Not only do the professionals make their audience feel human but also use their vulnerability and expertise to help train, motivate and inspire individuals. The team is committed and professional in every way.

I always find myself as well as the audience resonating strongly with their work, attitude and leave with inspiration, thought and reflection. 100/100 recommendation for your mental health needs and support.”

- Bavleen Mehta | Mental Health Counsellor – Newcomer Women’s Services Toronto

as featured in:



Valéry Brosseau



www.validatementalhealth.com

val@validatementalhealth.com

647-462-2256

[@validatementalhealth](https://www.instagram.com/validatementalhealth)