

SCOUTING NETWORK

Discover the network

We're living through an exceptional period that is forcing us to adapt and deal with new constraints and recommendations. The resulting psychosocial outcomes might be felt for months, or even years.

The goal of the scouting network is to enhance the adaptability and resilience of individuals and communities, not only in the context of the pandemic but also post-pandemic.

The **Scouting Network for Psychological Health** is a project initiated by the Ministry of health and social services and delivered by the Centres intégrés de santé et de services sociaux (CISSS and CIUSSS) throughout the province.

Scouts



Scouts are people involved in their communities, and trained and supported by local CISSS and CIUSSS teams.

Through various actions, scouts contribute to the well-being of their community members.

The role of a scout includes the following:

- Propose ways to care for oneself and others;
- Share resources available in their communities;
- Contribute to organizing and promoting activities that support well-being;
- Identify signs of stress, share strategies to lessen it, or refer to assistance or support resources, if needed.

Training to support your commitment to well-being in your community

Agir en promotion et prévention en santé mentale is a training program developed for scouts. It provides the necessary tools to anyone who wants to contribute to the well-being of people in their communities and support individuals in difficulty.

Introduction video

[Consult the introduction video: Efforts in mental health promotion and prevention](#)

With the *Agir en promotion et prévention en santé mentale* training, you will

- **acquire basic knowledge** in mental health promotion and prevention;
- **identify suggestions** on how to promote well-being;
- **recognize key skills** needed to support individuals who are having difficulties;

- **discover concrete examples** that reveal how to encourage a person going through difficulties to care for their mental health;
- **recognize situations** where it is necessary to refer a person to a health professional.

For more information, please visit your CIUSSS website :

- [CIUSSS de l'Ouest-de-l'Île-de-Montréal](#)
- [CIUSSS du Centre-Ouest-de-l'Île-de-Montréal](#)
- [CIUSSS de l'Est-de-l'Île-de-Montréal](#)
- [CIUSSS du Nord-de-l'Île-de-Montréal](#)
- [CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#) (contact us via email eclaireurs.ccsmtl@ssss.gouv.qc.ca)