



**Sécurité
sociale**



CSQ Group Insurance Plan (Contracts J9999), COVID-19 and mental health

COVID-19: SSQ - Psychological assistance over the phone: 1 877 480-2240

Hello,

In this challenging pandemic (COVID-19) period, some people may experience psychological distress, to varying degrees.

In this context, we would like to inform you that SSQ Insurance has put in place, temporarily, a psychological assistance over the phone for anyone holding a group insurance certificate under the CSQ plan (contracts J9999). However, it should be noted that this distress hotline is provided solely to individuals holding the insurance certificate (and not their family members). Please visit <https://ssq.ca/en/coronavirus/psychological-assistance> for more details.

You will need to provide your certificate number at the time of the call (ex: J9999-1234567).

We hope this information will be of assistance.