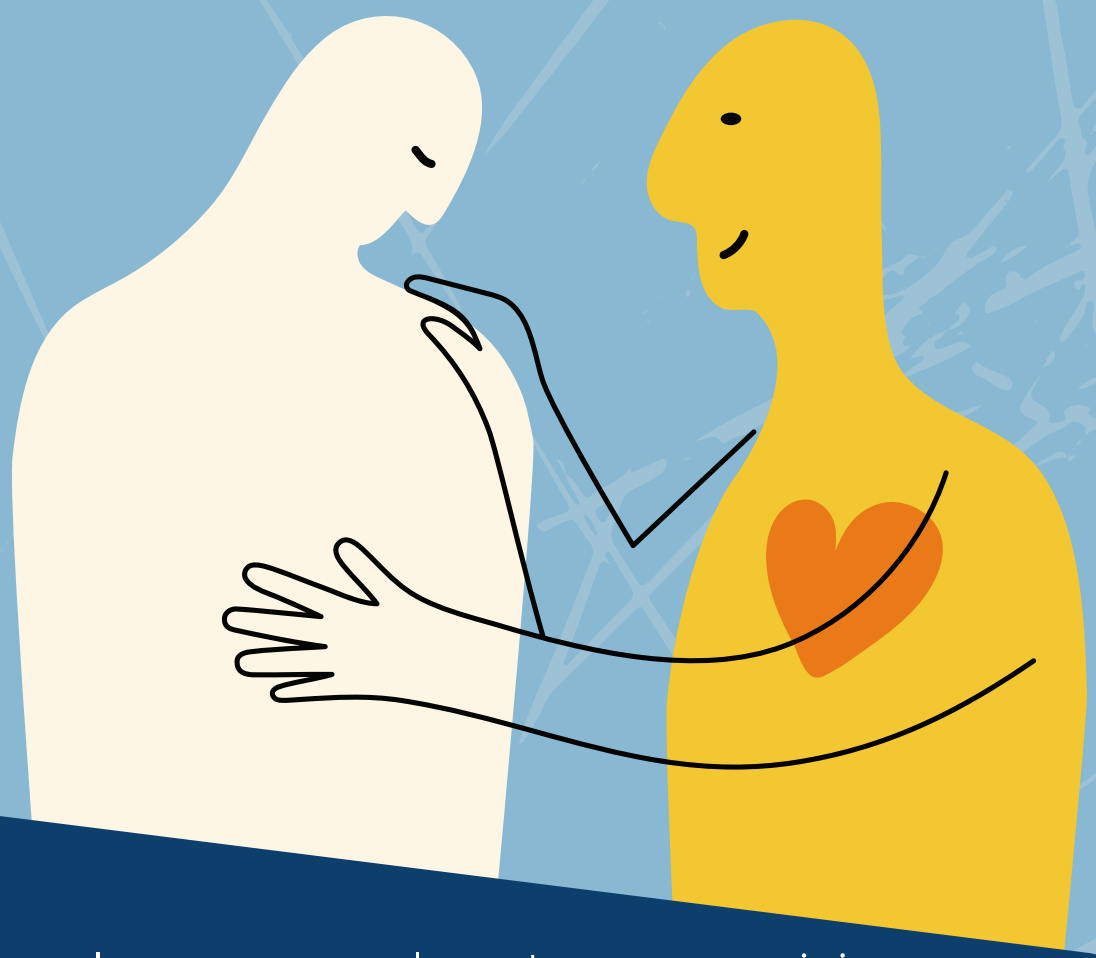

Is someone close to you receiving
mental-health support?

Your **involvement** can make **all the difference**.

Talk about it with the person and their care providers. Care providers are there to include and listen to you.

Learn how you can get involved in your loved one's care and services, while respecting their rights.

Québec.ca/LovedOneMentalHealth

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