



## Involving a loved one can be **beneficial to you**

You have the right to be supported by the person of your choice; discuss it with your care provider!



### **Are you living with a mental disorder, or do you have symptoms of one?**

Studies have shown the positive impacts of involving your loved ones in the recovery process.

Learn how your loved ones can get involved in your care and services, while respecting your rights.

[Québec.ca/LovedOneMentalHealth](https://Quebec.ca/LovedOneMentalHealth)

