

Is someone close to you receiving
mental-health support?



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

Wanting to be involved in this
person's care and services is justified.
Talk to them and their care providers about it.



**You can play an important
role in their recovery.**

The care providers are there to include and listen to you.
Your input and experience count.

As a loved one, you can expect the following from the care providers involved:

- to be **considered**, accepted and listened to, because your experience and knowledge are important;
- to be included as a real **partner** of the care and services team if you wish, and with the person's consent;
- to be **equipped**, by obtaining the necessary information and support to assist the person and adapt to the situation.

Learn how you can get involved in their care and
services, while respecting the person's rights.

Québec.ca/LovedOneMentalHealth



To find a resource in your area for the loved ones of people
with mental-health disorders:

- **CAP santé mentale : 1 855 272-7837 • capsantementale.ca**