

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



**Involving your loved ones in the  
mental-health services you receive  
can help in your recovery.**

You have the right to have someone with you to  
provide support; discuss it with your care provider!



**Your loved ones can be  
allies in your recovery.**

It is up to you to identify people you trust that you want to involve,  
and to decide the limits of their involvement, in keeping with your rights.  
These individuals can:

- help you communicate your needs
- make your views heard during meetings with your care provider
- support you in your journey

You can change your decision to involve a loved one, or about the  
confidential information your care provider can share with them, at any stage  
in the process.

Ask your care provider to make room for your loved ones.

Learn how your loved ones can get  
involved in your care and services.  
**[Québec.ca/LovedOneMentalHealth](https://Quebec.ca/LovedOneMentalHealth)**

