

SHARE & CARE

THE RECOVERY OF HOPE ~ THE HOPE OF RECOVERY

IT'S TIME TO ACT ON CARE!

A National Caregiving Strategy for Canada

Canada is one of the few high-income countries without a national strategy to support caregivers. There are two kinds of caregivers, unpaid (like family and friends) and paid (like nurses, aides, and home care workers). One in four Canadians give care to a family member, friend, or neighbour, and half will be a caregiver to a loved one in their lifetime. This means there are millions of caregivers in Canada who are not getting the support they need.

Unpaid caregivers frequently carry a heavy burden, needing to provide care to a loved one while in school, working, raising children, or after retirement. They are often unprepared for the physical and psychological tasks they face as carers. Paid caregivers are subject to stress, overwork, and low wages.

The Canadian Centre for Caregiving Excellence (CCCE) has released a National Caregiving Strategy, made through consultations with caregiving, aging and disability experts. Oliver, our Young Carers Coordinator, has been a part of the process. CCCE's Strategy is intended as a roadmap for the federal government to fulfill their 2024 promise to develop a national caregiving strategy. This strategy is aimed at people receiving care, their caregivers, and the professionals that support them.

What are the goals of the Strategy?

Improve supports, programs, and services for caregivers, so they can maintain their own well-being while fulfilling caregiving responsibilities.

Support caregivers in the workforce and education, so they can better manage the responsibilities of providing care and their work.

Support care recipients, so their care needs do not compromise the quality of their life.

Build a sustainable care provider workforce by valuing paid care providers with higher wages, better training, and clear pathways to permanent residency for migrant carers.



Show leadership and recognition, so Canadians know caregiving is a priority, and provinces, territories, businesses, and others can follow in the federal government's footsteps.

On a practical level, the Strategy outlines suggestions to...

Make the Canada Caregiver Credit refundable, so that rather than lowering taxes paid to the government, it is a cash-in-hand tax return for caregivers.

Introduce public care insurance to give Canadians more choice and security in accessing care services.

Adapt the Canada Pension Plan and student loans to encourage workforce

Myth Busters

SCHIZOPHRENIA

Here is part 3 of our series of articles looking at specific mental illnesses and busting preconceived notions about said illness. We continue with a look at schizophrenia.

MYTH 1: People living with schizophrenia are dangerous and violent.

This myth likely stems from the way schizophrenia has historically been portrayed in the media and in films and on TV. In fact, the minority of people living with schizophrenia who are involved in a violent encounter are far more likely to be the victims of violence, or to hurt themselves, than to hurt others. Research shows that when people who live with schizophrenia exhibit violent behaviour, it is likely because of other variables like substance abuse, not because of the psychotic symptoms from their schizophrenia.

MYTH 2: Those with schizophrenia have multiple personalities.

This myth may come from the origins of the word schizophrenia. The word schizophrenia has words with Greek roots; *schizien*, meaning "to split", and *phren*, meaning "mind". This may bring up the idea that this "split mind" refers to multiple personalities, but this is not a characteristic of schizophrenia. The disorder where someone has multiple personalities is called Dissociative Identity Disorder, formerly called Multiple Personality Disorder.

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Caregiving Strategy... continued from page 1

MYTH 3: You can get a diagnosis for schizophrenia by taking a blood test.

Unfortunately, there is no blood test that can diagnose schizophrenia. A study published in 2024 found that certain gene expression markers seemed to have a correlation with psychotic symptoms. While correlation does not mean causation, it does tell us that there seems to be a link. More research will need to be done in the future to understand the implications of these findings, but for now no blood test can diagnose schizophrenia.

MYTH 4: Early intervention does not matter; what will happen will happen.

According to the Schizophrenia Society of Canada, individuals in their late teens and in their 20s experience a critical psychosocial development during this stage in their lives, and if there is early intervention to help with their schizophrenia, it can help promote function development and help avoid the additional challenges that can come with emerging psychosis during this time. Early intervention can also help the individual to minimize the development of problematic or dangerous behaviours.

MYTH 5: Drugs directly cause schizophrenia.

Some studies show that those who use certain recreational drugs have an increased risk of developing schizophrenia. The link is not clear, as we don't know whether the drugs directly cause symptoms or whether those with schizophrenia are more likely to use drugs. They also explain that if a person has had previous episodes of schizophrenia and psychosis, then there is a chance that recreational drugs can cause a relapse, further exacerbate symptoms, and delay recovery.

MYTH 6: Therapy does not work for someone with schizophrenia.

This is far from the truth. There are various therapies and treatments that can help someone living with the schizophrenia, including antipsychotic drugs, antidepressants and mood stabilizers, counselling, psychotherapy, support groups, family therapy, and changes in diet and exercise. Often it is a combination of different therapies that can help the individual lead a good and satisfying life.

Visit amiquebec.org/schizophrenia for organizations that can help you or a loved one. □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

Schizophrenia... continued from page 1

and education participation without penalizing caregivers for lowering their hours or taking a leave of absence.

Model caregiver-friendly workplace policies and improve caregiver leaves and benefits.

Improve the Disability Tax Credit, Registered Disability Savings Plan, and Canada Disability Benefit, and make the application processes easier.

What does this mean for families who have a loved one living with a mental health condition?

Friends and family members supporting a loved one with a mental illness are even more overlooked and underrecognized than other caregivers. Tailored supports are needed for the particular difficulties that mental health challenges pose, especially in their overlap with legal issues, housing insecurity, and substance use, and especially with the mental health crisis we are currently facing.

What does it mean for young carers?

The amendments to student loans would mean that young people don't have to choose between caring for a family member and furthering their education. A call is included for needs assessments for young carers, and for child welfare professionals to be properly equipped to assess their situations. Once all of the policies that promote stability and wellbeing for families with care obligations are in place, it should lower the need for youth to take on care responsibilities.

Where can I learn more? How can I get involved?

Visit canadiancaregiving.org to read the full strategy. You can help make caregiving a central pillar of Canada's future. Visit canadiancaregiving.org/act to add your voice to demand federal action. □

AS A CAREGIVER YOU HAVE THE RIGHT TO...

Feel angry, sad, or anxious and talk about the difficult things you experience

Set limits and boundaries, and say no when you need to

Expect and demand improvements in resources to help and support caregivers

Get help from others even if the person you care for disagrees

Take care of yourself because it's not a selfish thing to do

Take pride in what you do and be proud of yourself for the courage it has taken

FEELING ANXIOUS?

Breathe. It works.

We have all experienced it: that phone call letting you know a loved one is in trouble, turning over an exam paper to find a question you don't know how to answer, waking up to news of a catastrophe somewhere in the world. Your forehead beads with sweat, your heart beats faster. For some of us, the

A growing body of evidence shows some conscious breathing techniques work to lower anxiety and improve mood. In one 2023 study, a Stanford medical team found five minutes a day of "cyclic sighing" – a controlled breathing exercise that stresses long exhalations – led to greater increases in positive feelings than mindfulness meditation, a proven tool for reducing anxiety and stress.

There are many videos on the Internet that can help you explore anxiety-reducing breathing techniques. For David Procyshyn, the founder of the Canadian website doyogawithme.com, the search for relief from pain, sleeplessness and other symptoms of his own debilitating chronic anxiety led him to create a program that incorporates both rapid and slow breathing techniques with mindfulness exercises. "I wanted to learn to let go of the grip that anxiety had on my life," said Procyshyn in a recent online workshop. He encourages anxiety sufferers "to learn to shift your relationship to your anxiety, even if it's deeply set."

body's natural response to stress balloons into a full-blown panic attack. But what if simply learning how to use your breath could help "breathe away" your anxiety?

Finger breathing exercise for anxiety



Hold one hand out. With your other hand, slowly trace each finger up as you breathe in and trace each finger down as you breathe out—finishing with five deep breaths.

Box breathing exercise for anxiety

1. **INHALE** YOUR BREATH FOR A COUNT OF 4
2. **HOLD** YOUR BREATH FOR A COUNT OF 4
3. **EXHALE** YOUR BREATH FOR A COUNT OF 4
4. **HOLD** YOUR BREATH FOR A COUNT OF 4

Repeat as many times as needed.

It can help to remember this skill by picturing each step as the 4 sides of a square.

"Embrace it as part of you," he says, but "don't get stuck in it."

"One thing that really helped me a lot," he said, "was finally realizing that I was not the only one experiencing this." In 2019 the World Health Organization estimated that 4 per cent of people live with an anxiety disorder — yet only a quarter of them receive any kind of treatment. Learning how to breathe effectively seems like a simple first step. □

Find help for anxiety:
amiquebec.org/anxiety

– Loreen Pindera

Visit amiquebec.org/sources for references

HELPING THE HELPERS → A Toolkit for Caregivers

AMI has partnered with Vent Over Tea to offer three events to support caregivers' mental health! Join us for one of our two online workshops (or both!) and come connect with us and other helpful organizations for a social mental health resource fair.

Caring for a Friend or Family Member

Being there for someone through ill health or mental health struggles isn't easy! This workshop explores what we can do to help, when it becomes "too much" and the power of being in community with other caregivers. Together, we will make a safe space to talk about the difficulties that come from caregiv-

ing, as well as the positive meaning we can derive from it.

April 3, 6-8pm, online via Google Meet. Visit amiquebec.org/workshops to register.

Mental Wellness for Caregivers

Stress, feelings of isolation, and guilt come up often as we look out for someone in ill health or struggling with their mental health. This workshop will explore how you can build your resiliency and find your wellness practices. We will map ways that you can ensure you are supported too, so that you aren't pouring from an empty cup.

April 10, 6-8pm, online via Google Meet.

Visit amiquebec.org/workshops to register.

Mental Health Fair: Community Connections for Caregivers

A resource fair providing caregivers with direct access to local organizations offering practical tools like active listening, peer support groups, respite, and other mental wellness resources. Come have tea with us, meet other caring members of your community, and find out about free resources!

April 27, 11am-2pm, in person at Centre Culturel Georges-Vanier, 2450 Workman, Montreal. Visit amiquebec.org/events for more details. □

Suicidal thoughts happen when someone thinks about, contemplates, or feels preoccupied with the idea of death and suicide. These thoughts can range from being very distracting to thoughts that simply come and go. Suicidal thoughts must be taken seriously regardless of the severity and intensity of thoughts, because they can impact mental health and lead to suicidal behaviours.

Recognizing the Warning Signs

In order to offer support to someone struggling with suicidal thoughts, you must first be able to recognize warning signs. Listen for verbal cues, statements like “I want to disappear” and “I want to sleep forever”. Look for behavioural changes like giving away belongings, saying goodbye in an unusual way, an increase in mood swings, or abusing drugs or alcohol. It’s crucial to take these signs seriously, as they could suggest that your loved one needs help.

Approaching the Conversation with Compassion

Should you notice these signs, it is important to initiate a conversation in a caring and compassionate way. Although it’s common to feel uncomfortable talking about suicide, addressing it directly can help the person feel supported and seen. Find a quiet, private space where you can have an uninterrupted conversation. Speak with empathy and avoid making them feel judged or guilty. Statements like “I really care about you” and “I am here for you, no matter what” demonstrate that you care without judgement. Don’t be afraid to mention suicide. Many people are worried that asking someone about suicide directly will plant the idea of suicide in their head. The truth is, someone contemplating suicide will likely feel isolated and ashamed. Asking them about their feelings may cause them to feel relieved and open the door for further discussion.

Practicing Active Listening and Patience

During the conversation, it’s important to remain an active listener. Be patient. Let them talk at their own pace. Acknowledge

and validate their pain even if you don’t fully understand what they’re going through. Statements like “That sounds really difficult” and “I can see how hard this is on you” can help them feel seen or heard. Don’t try to fix their problems or offer solutions immediately. Sometimes, the best thing you can do is simply be present and show that you care.

Encouraging Professional Help and Support

Encourage your loved one to seek out professional help. Offer to help them

find the professional care that they need. If they are reluctant, let them know it’s okay to seek help and be patient and non-judgemental. Share information related to mental health resources, crisis hotlines, and online support groups with them. The 9-8-8: Suicide Crisis Helpline is a service that offers confidential help in both English and French and is available 24/7. If they are hesitant to make an appointment or use a support service, offer to go with them. Just knowing they won’t be alone might ease their anxiety.

Creating a Safety Plan

A safety plan is a personalized plan that includes strategies for when suicidal thoughts feel overwhelming and includes contact information for mental health professionals, a list of people to reach out to for support, and coping mechanisms. Help your loved one create a safety plan by asking them what strategies they use to cope and whether there is anything specific that helps them feel safe. Ensure that they have access to immediate help by making a list with phone numbers of crisis hotlines, mental health professionals, and supportive family members and friends.

Staying Connected

After the initial conversation, continue to check in on your loved one. Small acts of kindness, like sending a text or inviting them to an activity can help them feel connected and supported.

Caring for Yourself While Supporting Others

Supporting someone who is struggling with suicidal thoughts can take an emotional toll on you as well. It’s essential to practice self-care and set boundaries to make sure that you don’t become overwhelmed. Know your limits and recognize when the situation is beyond your ability to help and encourage your loved one to reach out to a professional. Consider talking to a mental health professional yourself and or

joining a support group for loved ones of those living with mental health challenges. Remember that it is okay to seek help for yourself too. None of us are meant to face such challenges alone.

If you or someone you care about is thinking about suicide, visit amiquebec.org/suicide for organizations that can help. □

– Elizabeth Buchanan

Visit amiquebec.org/sources for references

HOW TO BE THERE FOR A FRIEND OR FAMILY MEMBER Struggling with Suicidal Thoughts

STAY INFORMED!

Find our most up-to-date information: amiquebec.org

For regular updates, follow [@amiquebec](https://twitter.com/amiquebec) everywhere you use social media



Sign up for our monthly emails: amiquebec.org/email

Or call us: **514-486-1448**
(1-877-303-0264 outside Montreal)

NOT JUST A BUBBLE BATH



The many benefits of self-care

The term “self-care” is often used to describe little things you can do for yourself, like taking a warm bubble bath, reading a book, or journaling. Can these small pleasures actually improve your life?

Many studies show a link between stress and wellbeing. Prolonged exposure to stress can negatively impact brain functions, immune systems, and the cardiovascular system. If we don't take care of both our bodies and minds, there can be negative repercussions that will affect our overall health in the long run. Practicing self-care can help to reduce anxiety, depression, and stress, and decrease anger and frustration. Clinical studies have shown that the right kind of self-care may even help lower the likelihood of heart disease and stroke. It can also help develop ways of coping with the various stressors you face in your everyday life.

In truth, self-care involves more than taking a bubble bath or reading a book. Although such small activities can be helpful, their positive effects are temporary. Self-care involves your physical health, mental health, relationships, and spirituality. Some ways to take care of yourself include yoga, meditation, mindfulness, fostering relationships, eating properly, exercising, and good hygiene. These actions can help you reduce stress levels, manage chronic conditions, prevent disease, improve your mood, and increase your self-esteem, both in the short and long term.

You want to take care of yourself not only for your own good, but also because you are likely to be able to better handle your responsibilities, like caregiving, without compromising your own health. In fact, we should view self-care not just as a right, but as an obligation; for yourself, and indirectly for your loved ones.

Not sure how to start? Picking up a new, healthy habit can be difficult, so start small and slowly work your way up, like taking a short walk outside or doing a quick meditation once a day. When you incorporate small habits into your routine, it becomes easier to add a bit more. Small steps are the best way to integrate a new healthy habit, and it will be worth it in the long run. □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

WELCOME TO OUR NEW BOARD MEMBERS!

AMI's board members are volunteers who believe that family engagement is critical to the eradication of the stigma that is still associated with mental illness, and to the promotion of a whole person view of people with mental illness. They trust that a more humane and compassionate society can help people with mental illness realize their potential and lead satisfying and fulfilling lives. The main focus of the Board's work is to support families in their role as caregivers while helping them to sustain their own wellbeing.

Please join us in welcoming our two new board members!



Corinna Langer

I have benefitted from AMI's invaluable counselling and guidance since 2022 while lending support to a loved one. This personal experience has motivated me to get involved. I would like to give back, help more people learn about and access AMI's wonderful services, and contribute to ending the stigma around mental illness.

Born and raised in Germany, I have lived in Montreal since 2000 and have been teaching university level German and academic ESL courses for 16 years. My happy places are tennis courts, my yoga mat, gardens, riding a bicycle, empty North Sea beaches, Newfoundland hiking trails, and anywhere where I can be with my family and friends.

Brenda Cormier

Brenda Cormier has been a volunteer in various capacities at AMI-Quebec since 2010. She joined the Board in 2025. It was the exceptional people she met over the years that drew her into AMI-Quebec. The staff and Executive Director, the many volunteers, the Board members, and the donors who attended fundraising events all played a role in her learning more about mental health, in understanding the amazing impact AMI-Quebec has in the community, the great need for their services, and helped in her own personal healing journey. She is a Chartered Professional Accountant working in public practice, a mom of two teenage boys, and is always looking for ways to make a difference. □



THE CYCLE OF OVERTHINKING

How to Beat Rumination

Have you ever gotten stuck thinking about something over and over again? Overthinking can cause a lot of stress. Ruminating certain thoughts over and over again can be tiring and bring mental fatigue. Here are some tips on how to beat the overthinking and rumination cycle to bring you a bit more peace of mind.

Try Positive Reframing: Positive reframing involves accepting the negative thought and negative situation and searching for a positive way of looking at it. There are different methods of achieving this; here is one example: “I have a lot of paperwork I need to go through, which overwhelms me and won’t stop spinning the wheels in my mind because there is so much to do. But I know that I can tackle one small pile at a time in order for it to feel less overwhelming and more manageable.” Positive reframing is not the same thing as “toxic positivity”, which means thinking positively no matter how bad or difficult a situation is and not acknowledging concurrent negative feelings.

Practice “specific gratitude”: When people practice gratitude, they sometimes list something vague like “I am grateful for my happiness”, but it can work better to list more specific things. One example

could be: “I am grateful that my partner made me a cup of my favourite tea when I was stressed this morning.” By making your gratitude moment more specific, it can help you better connect to the present

moment (physically and emotionally). Stepping away may also help with reworking your thoughts and reconsider what it is that is causing you to overthink and/or ruminate.



moment and focus on something more positive than ruminating thoughts.

Find something else to do: Sometimes we just need to have a change of scenery in order to calm our thoughts. Taking a break from what is stressing us can be beneficial. Going out for a walk, watching an episode of a TV show, or any activity that brings you pleasure can help step away from a stress-

Try deep breathing or meditation: There are many benefits that come with deep breathing or meditation exercises. They can regulate heart rate and breathing and relax the body. It is recommended to do these activities in a quiet place where you can more easily focus on your breathing and mindfulness.

Did you know that AMI-Quebec offers a Meditation Workshop for family carers? Visit amiquebec.org/meditation.

Reach out to someone you trust: Talking to a person that you feel comfortable with can help alleviate certain stressors that you are experiencing. Feeling

understood and heard can feel calming and reassuring when the person you are speaking to is understanding. The simple act of expressing what is troubling us out loud can release it from its mental cage. □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

TRIBUTES & MEMORIALS

In honour of Anne Newman
Anonymous

In honour of Allan Schwartz
Gayle Freeman

In honour of Lynn Sala
Marcy Stein

In honour of Louis Gagnon
Annika Horner-Borsu

In honour of Tahnee-Su Duquette
Chuck and Linda Fishman

In memory of Edie Greenberg
Lynn Harris

In memory of David Kucer
Lynn Harris

In memory of Sam Slodovnick
Lynn Harris

In memory of Verley and Lawrence Yanofsky

Peter Yanofsky

In memory of Pieter, Beppie, and Gus Boudens

Maggie Boudens

In memory of Matthew Lindy
Zoom Media

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity.
If you wish to honour someone with a donation, please phone 514-486-1448 or visit amiquebec.org/donate.

The Impact of Mental Illness on Families

The experience of having a loved one living with mental illness can be complex, triggering many emotions and significant challenges. While one person is diagnosed, the entire family is affected. We wanted to take a deeper look at how mental illness can affect family members and what they may experience.

It can trigger a wide range of emotions

Caregivers of a person with a mental illness can be faced with various emotions. There might be guilt because they are unsure how to help their loved one, or parents may fear they have passed down the illness. There might also be some anger or frustration when times get difficult. Family carers can experience hurt if their loved one is going through a particularly rough period and is lashing out. The carer might feel misunderstood or judged by others, and they may or may not feel comfortable confiding in and relying on others, which can also lead to feelings of isolation and loneliness.

Not all emotions are negative. A strong support system can help family to build resilience and enhance determination. It is normal to feel a whole spectrum of emotions.

Siblings are also affected and can experience different emotions. They may feel confusion or anxiety about their sibling's mental illness. They might also feel loneliness if they do not feel understood by others, or if their sibling takes more place in the family dynamic because they require more care. Additionally, the sibling may also experience anxiety because they are not sure how to help their ill siblings or parents. Everyone reacts differently to different situations.

It can change the family dynamic

If an individual with a mental illness has special needs that require increased care, it is likely to affect the family dynamic. Some family members (or extended members of the family) may have to take up additional tasks such as help with groceries, medical appointments, or taking care of daily needs of their loved one. The individual may require more hands-on and more involved care, which might require the caregiver to leave a job, and this can cause financial strain. Certain challenging behaviours of the person with a mental illness can also take a toll on the family members.

It can affect physical and mental health of the family members

Caregiving comes with many responsibilities which can affect a caregiver's physical and emotional

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SPRING 2025

SUPPORT GROUPS

Mondays 6:30-8pm on Google Meet

For family, friends, and people with mental illness unless otherwise indicated.

For details visit amiquebec.org/support

ANXIETY/ OCD

March 10; April 7; May 5; June 2

BIPOLAR DISORDER

March 10; April 7; May 5; June 2

DEPRESSION

March 17; April 14; May 12; June 9

HOARDING

March 24; April 28; May 26; June 16

QUEER GROUP **NEW!**

March 24; April 28; May 26; June 16

YOUNG ADULTS aged 18-30

March 17; April 14; May 12; June 9

FAMILY AND FRIENDS for relatives and friends

March 10; April 7; May 5; June 2

Please note:

Some programs are online and some are in person.

We aim for a balance between in-person and online events so that we can accommodate as many people as possible.

BPD for relatives and friends

March 17; April 14; May 12; June 9

KALEIDOSCOPE for people living with mental illness

March 24; April 28; May 26; June 16

IN PERSON

SOUTH SHORE for relatives and friends

In person only at 91 Churchill Blvd, Greenfield Park

Mondays 6:30-8pm

March 10; April 7; May 12; June 9

WORKSHOPS

Visit amiquebec.org/workshops for our interactive workshops.

Online

Via Google Meet

Introduction to Qigong **NEW!**

March 27, 6-7:30pm

Caring for a Friend or Family Member **NEW!** See page 3

April 3, 6-8pm

Mental Wellness for

Caregivers **NEW! See page 3**

April 10, 6-8pm

Meditation

Runs for 10 sessions on Wednesdays

Starts April 23, 10:30-11:30am

Caregiver Groups

Runs for 6 sessions

- Wednesday group starts

April 23, 3-4:30pm

- Monday group starts

April 28, 7-8:30pm

Introduction to BPD

May 28, 6-8pm

In Person

At the AMI office

5800 Decarie, Montreal

Hands On Practice for Challenging Situations

March 18, 6-8pm

Dear Young Carer... **NEW!**

March 20, 6-8pm

Exploring Your Part in Relationships

April 15, 22, and 29, 6-8pm

Express Yourself! **NEW!**

May 8 and 15, 6-8pm

Finding Hope While

Caring for Others

May 13, 6-8pm

Stress Management

May 20, 6-8pm

Hands On Practice for Challenging Situations

June 10, 6-8pm

Mental Health Resource Fair

April 27, 11am-2pm, Centre Culturel

Georges-Vanier, 2450 Workman,

Montreal (See page 3 for details)

Annual General Meeting

June 17, 7pm

4333 Cote Ste. Catherine Road, Mtl

Visit amiquebec.org/AGM for details

Visit amiquebec.org/calendar for an always up-to-date version of our calendar.

amiquébec

Allié.e.s en santé mentale
Allies in mental health

AMI-Québec, a grassroots not-for-profit organization, is committed to helping carers* manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

*Carers (*proches aidants*) are those in the circle of care, including family members and other significant people, who provide unpaid support to a person in need.

Judy Gold, *President*
Perla Muiyal, *Vice President*
Henry Olders, *Treasurer*
Norman Segalowitz, *Secretary*
Anne Newman, *Immediate Past President*
Ella Amir, *Executive Director*

SHARE & CARE

Share&Care is published quarterly.

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Articles and comments are invited. Anonymity will be respected if requested. Guest articles reflect the opinions of the authors and do not necessarily reflect the views of AMI-Québec.

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health. Self-care is very important for caregivers. In fact, it is not just a right, it is an obligation if the family wishes to sustain their caregiving responsibilities. Things like eating well, finding a little bit of time for physical activity, and relying on a support system can help in the long run. It is important to take care of these things not only to be there for your loved one, but for yourself as well. □

AMI Quebec offers various programs to help support caregivers and family members of someone living with a mental illness. To learn of our different initiatives, please visit amiquebec.org/programs or call 514-486-1448. Know that you are not alone; we are here for you.

– Gabrielle Lesage

Visit amiquebec.org/sources for references

This issue of *Share&Care* has been made possible by a grant from the Otsuka-Lundbeck Alliance.



YOUR SUPPORT SUSTAINS OUR FREE PROGRAMS

Although AMI receives some government funding, we work hard to raise more than half of our operating budget each year.

Thank you for your support!

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