

Signs You May Need Help:

- Pain that seems to have no physical cause
- Headaches
- Stomach problems
- Inability to sleep or poor sleep
- Teeth grinding
- Tense muscles
- Problems with alcohol use or drug use
- No interest in the world / people around you
- Strong emotions / mood swings
- Forgetful
- Inability to relax / concentrate
- Changes in eating habits
- No energy
- Existing health problems getting worse
- Decreased or lack of sex drive
- Feeling depressed

Signs of Caregiver Burnout:

- Your emotions are like a roller coaster.
- You feel resentful and frustrated toward your child and his / her needs, no matter how basic.
- You are often sick and rundown.
- You consistently cancel or don't make plans with family or friends. If you do, you feel out of place or can't turn off the worries about your child.
- You know you should have hobbies, but you just don't have the time.
- You struggle to self-identify.
- You're always the go-to caregiver.
- Your self-care has gone downhill drastically.
- You struggle to sleep, relax or rest. Your mind is constantly on the child you care for.

Sleep:

- Follow a routine.
- Make sleep important.
- Have a good balance between rest and activities.
- Role model good behaviour for your child.

Get Moving:

- Ensure that you maintain leisure and activity.
- Incorporate physical activity such as an evening or morning walk into your everyday.
- Get involved with social activities and organized sports.

Eat Well:

- Eat a balanced diet.
- Food = Energy: don't run on empty.
- Model good behaviour for your child and educate them about healthy eating.
- Try to make eating with your child a regular activity.
- Buying groceries and meal preparation are great activities to do with your child.

Empower Yourself:

- Once a day do something that makes you feel in control of your life.
- Do something that's just for you.
- Do something that you are good at and that is positive.
- Do something that will give you a sense of mastery and accomplishment.

Take Care of Your Health:

- In order to care for someone else you have to stay healthy.
- Know your limits and practice self-care.
- Do not push yourself to burnout
- Have a back-up caregiver or respite in case you become sick and need time off

Build Your Relationships:

- Think of your relationship with your child: What is working well? What could be improved? How are you maintaining validation and attachment? Does anxiety or fear get in the way of you being the caregiver you want to be?

Mental Health Crisis Support

Info-social - 8-1-1, option 2

Non-Emergency Referral Line
Consult a social worker 24/7

Quebec National Crisis Line

Open 24/7
1-866-277-3553

Tel-Aide Outaouais

Crisis help-line
Toll free: 1-800-567-9699
admin@tel-aide-outaouais.org

Outaouais Help Centre

Open 24/7
(819) 595-9999
centreaide247@videotron.ca

Know your Rights

Your health & social services rights include your right to information, receive services, receive appropriate care, consent to care or refuse care, actively participate in the decision-making process, receive services in English, access your user's file, confidentiality of your user's file.

Éducaloi

Online legal information in easy-to-understand language.
educaloi.qc.ca/en

Centre de Justice de proximité

Free legal information, support and referral services.
1-844-606-4600
justicedeproximite.qc.ca/en/centres/outaouais

Health & Referral Services

Info-santé - 8-1-1

Open 24/7
Answer any questions regarding your physical health or that of a family member.

Connexions Resource Centre

Information and referral services
819-777-3206
info@centreconnexions.org

Dissatisfied with Services? An Opportunity to Improve Them!

Health and Social Services Network Complaint Examination System

819 771-4179
1-844-771-4179

The Centre d'assistance et d'accompagnement aux plaintes Outaouais

Free information and referral services, support and advice, and help in filing a complaint.
819-770-3637
1-877-767-2227
info@caap-outaouais.ca.

Quebec Ombudsperson

1-800-463-5070
protecteur@protecteurducitoyen.qc.ca.