

## 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.
- 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.

## 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?

## Take Care of Your Health:

- In order to care for someone else you must: 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.

## 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

## 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

## 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

## 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.