Our VISION

La Halte des Proches serves as a benchmark in terms of assistance and support provided to caregivers of people with a mental illness in the Laurentians.

Our VALUES

Professionalism, courteousness, kindness, respect, attentiveness, open-mindedness, transparency, and mutual assistance and responsibility.

EXAMPLES OF MENTAL HEALTH ISSUES CAREGIVERS ARE FACED WITH

mood disorders

(such as bipolar disorders and depression)

- psychotic disorders

(such as schizophrenia)

v obsessive compulsive disorders

- 🛊 post-traumatic stress disorder
- eating disorders
- personality disorders (such as BPD)

SERVICE AREA

La Halte des proches serves residents of the Laurentian area up to Mont-Laurier.



How to get help

Contact us for support or for more information on our services.

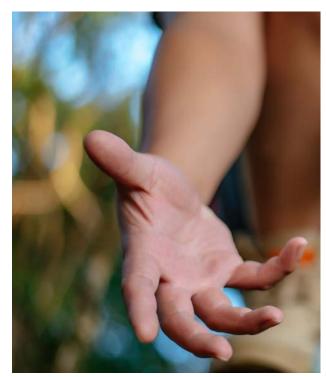
LA HALTE DES PROCHES

223 Rue Saint-Georges, Suite 300 Saint-Jérôme, QC J7Z 5A1 1 800–663–0659 | 450–438–4291 info@lahalte.ca



To support LA HALTE in its mission, MAKE A DONATION Iahalte.ca





support for caregivers of people living with mental health issues



ASSOCIATION LAURENTIENNE DES PROCHES DE LA PERSONNE ATTEINTE DE MALADIE MENTALE



Our MISSION

In addition to providing assistance and support to caregivers and loved ones of people with mental health issues, we educate the general public to demystify mental illness and its impact on those who live with it daily.



We provide our services in the Laurentian area to caregivers of people with a mental illness.

By the term caregiver, we refer to anyone who has a meaningful relationship with a person with a mental health issue.

To benefit from our services, the caregiver must be a member of the organization and live in the Laurentians.

The caregiver can receive our services even if the person they care for doesn't have an official diagnosis or doesn't live in our service area.



General services

- psychosocial interventions on an as-needed basis;
- psychosocial follow-up according to the caregiver's needs;
- assistance in completing an application for a psychiatric assessment;
- educational programs;
- conferences on different subjects related to mental health and caregiving;

- thematic workshops;
- training, outreach and promotional activities.

External services

- ∲ training;
- ∲ conferences;

Mon support them, we support you !

PARENTING ALTERNATIVE service

Tailored support for parents of a minor child with a mental disorder.

YOUTH service

Assistance tailored for young caregivers between 5 and 17 years of age. For children 14 years and under, parental consent is required.

FAMILY PEER SUPPORT service

Caregivers and members of La Halte trained to provide support to other caregivers by sharing with them their recovery experience.

