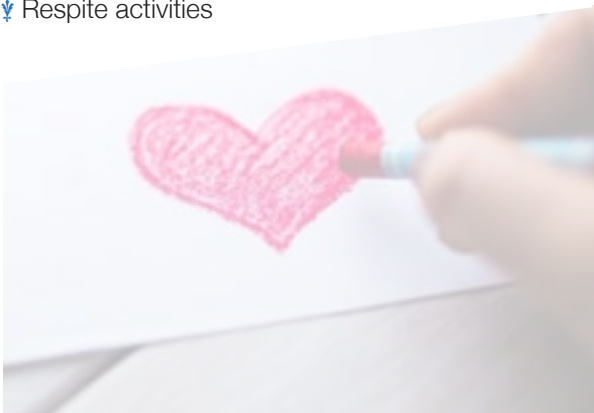


Services available

Support groups for parents, organized and led by a mental health professional of **La Halte des proches**.

- ✚ Meetings for individuals, parents and families, in person, by phone or via videoconference
- ✚ A sense of parental competence, stress and mental load management, balancing the different spheres of life (personal, family, professional, social), self-esteem, assertiveness, communication, crisis management, adolescence versus abnormal psychology, etc.
- ✚ Information and education on mental health problems and issues
- ✚ Awareness and deconstruction of prejudices
- ✚ Self-care strategies
- ✚ Information about access to health care and resources specialized in mental health, the different assistance programs, information about laws and different benefits for parents of children with a mental health disorder
- ✚ Support throughout the process of accepting the diagnosis
- ✚ Demystifying and understanding the different roles of mental health professionals
- ✚ Support during inter/multidisciplinary meetings
- ✚ Partnership among the different professionals to ensure a concerted intervention
- ✚ Referral to partners and appropriate resources
- ✚ Respite activities



How to get help

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

LA HALTE DES PROCHES

450 438-4291

info@lahalte.ca

www.lahalte.ca



*Attuned parenting with children
suffering from mental health issues
It can be learned!*



A PARENTING ALTERNATIVE



SUPPORT FOR PARENTS
with a child under 18 years of age

LA **HALTE**
des proches

ASSOCIATION LAURENTIENNE DES PROCHES DE
LA PERSONNE ATTEINTE DE MALADIE MENTALE

Embracing

A PARENTING ALTERNATIVE is a service that aims to support parents, families, guardians and professionals responsible for children and minors with mental health problems.

When a person feels perplexed, powerless and hurt because of the situation, their stress levels increase. Parents (or the family) have to face the stigmatization around mental disorders, distinguish between behaviour that is normal for their child's stage of development and that which is attributable to the mental illness, withstand the desire to fix the problem themselves, deal with the difficulties they encounter when looking for services, etc.

Embracing

A PARENTING ALTERNATIVE offers a range of services that enable parents to:

- ❖ share their experience of caring daily for a child struggling with mental health issues,
- ❖ acquire concrete tools for solving specific problems,
- ❖ learn about mental health disorders,
- ❖ learn strategies for smoother interactions and exchanges with their child,
- ❖ get the support they need in terms of information, education and emotional support.

Faced with the suffering of a child grappling with mental health issues, families are confronted with considerable challenges, which places a strain on their ability to deal with everyday life

Targeted clientele

Parents of a minor living with a mental disorder such as an:

- ❖ anxiety disorder,
- ❖ depressive disorder,
- ❖ personality disorder,
- ❖ obsessive compulsive disorder,
- ❖ psychotic disorder,
- ❖ eating disorder,
- ❖ posttraumatic stress disorder,
- ❖ or showing symptoms of a mental health problem (without a diagnosis).

