

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)
- ▼ anxiety disorders
- ▼ psychotic disorders
(such as schizophrenia)
- ▼ 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

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To support LA HALTE
in its mission,
MAKE A DONATION
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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;
- 📌 support groups;
- 📌 educational programs;
- 📌 conferences on different subjects related to mental health and caregiving;
- 📌 respite and wellness activities;
- 📌 art therapy sessions;
- 📌 thematic workshops;
- 📌 a library and specialized tools;
- 📌 training, outreach and promotional activities.

External services

- 📌 training;
- 📌 conferences;
- 📌 outreach and promotional activities;
- 📌 presentations on our services.

You 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.

