

You have every right:

- ✓ **In your role as a companion, a source of support, and a caregiver**
- ✓ **To need time for yourself**
- ✓ **To set your boundaries and have them respected**
- ✓ **To be considered a partner**
- ✓ **To ask for support — for yourself or for your loved one**

You have the right to rest, to take time for yourself, to ask for help. Temporarily entrusting your loved one to a respite service does not mean abandoning them. It is a concrete way to protect your own health and to keep providing care over the long term.

Helplines

In a crisis or an urgent need, call 9-1-1 or go to the nearest emergency room.

To talk to someone when there's no life-threatening emergency, the lines below are free, anonymous, and confidential. Asking for help is neither a sign of weakness nor an admission of failure.



Info-Social **811**
Option 1 for health advice
Option 2 for psychosocial advice



Info-Aidant
1-855-852-7784



Elder Mistreatment Helpline
1-888-489-2287

Being a Man Who Cares

Resources and advice

Do you support a parent, a partner, a child, a friend, or a neighbour living with a disability or loss of independence? Whether or not you call yourself one, you are a caregiver.

Your role matters and is legitimate — and so is your health!





Your health

Caring for a loved one is a powerful act. Over time, this responsibility can weigh heavily on your body and mind. Taking care of your health in every respect is essential.

- Emotional health
- Physical health
- Social well-being
- Mental health

A few tips

Recognizing your legitimacy

Many men learn early on to be "strong" and to manage things on their own, to live up to certain norms. Recognizing yourself as a caregiver — or being recognized as one — can be difficult. You are not "less strong" because you provide care; you are one precisely because you do.

Recognizing your needs

It's common to commit to supporting a loved one without fully measuring the impact on your daily life. Over time, signs of exhaustion can set in: sleeping problems, irritability, isolation, physical pain. Recognizing these signals does not mean you are failing. On the contrary, it's often your body's way of telling you to slow down and ask for support.

Accepting your emotions

Feeling emotions, even difficult ones, is common among male caregivers. It does not call into question your commitment or your ability to care for a loved one. These emotions are part of this role — and part of being human.

Seeking support

Asking for help is neither a sign of weakness nor an admission of failure. Talk to a trusted person, a professional, or a helpline. You can also join a support group for men or for caregivers.

Staying active

Walking, sports, prayer, cultural outings, leisure time in nature. These activities reduce stress, build self-esteem, and help you find enjoyment in daily life. Don't wait until you're at your breaking point to consider them.

Being patient

Caring for a loved one is a long road, sometimes paved with obstacles. Accepting the situation does not mean resigning yourself to it. It allows you to adjust your expectations and protect your mental health. Patience comes up often in the testimonies of male caregivers.

Planning ahead

Learn about the services available, tax credits, federal benefits, and your rights regarding balancing work and caregiving. Good planning reduces the unexpected and helps to maintain a sense of control. Before an appointment, write down your questions and the symptoms you've noticed. Tell the professionals that you are the caregiver. Ask for clear explanations, an interpreter if needed, and a written summary of the next steps.

Types of resources



Government of Quebec

Official programs, tax credits (provincial and federal), Employment Insurance and Compassionate care benefits. Quebec's Act respecting labour standards also protects caregivers.



Health institutions

CLSCs, CISSSs, CIUSSSs, and hospitals. Your local institution's website provides access to services, specialized clinics, and support programs.



Helplines

Info-Social (811), Info-Aidant (1-855-852-7784), Centre Multi-Écoute (multilingual). These lines are anonymous, confidential, and free — a space to talk without fear of judgment.



Organizations for men

Dedicated spaces where men can talk with peers, break isolation, and find support suited to their reality.



Caregiver organizations

CL'Appui (a directory of local resources and a "fatigue barometer"), L'Antr'Aidant, support groups, and respite services for caregivers.



Ethnocultural organizations

Community associations offering support and accompaniment in your language, taking your culture and migration experience into account.