

LET'S TALK ABOUT IT!

Balancing care and coming of age



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When my little brother Matéo was born intellectually disabled, everything changed for me. To help him, I had to grow up fast!



In the beginning, it was just little things. But the older we got, the more my help was needed.



I also help my mom a lot around the house.



These tasks would often get in the way of my own activities or make me late for work.



I didn't want to ask for help, but I finally spoke about it to my boss.

You okay? You've been late a lot recently and that's not like you.

Yeah... I take care of my brother and so with work, school and everything else, I just can't keep up.



Turns out he'd gone through something similar when he was young, so he suggested I come here. I can see that many other young people in this group support someone. That helps me feel less alone and see myself as more than just someone who takes care of their brother.



If you support someone, speak up and don't be afraid to ask for help! Remember, caring for others starts with caring for yourself.

Pascal Girard - Artist

To learn more about young adult caregiving

