



You are a caregiver

- You take care of your loved one's groceries
- You accompany them to their medical appointments
- You manage the administrative procedures

It's not easy every day

We care for you

Caregiver support Helpline is a free service for caregivers, their families and professionals.

Appui
proches aidants

1 855 852-7784

LISTENING • INFORMATION • REFERRALS

appui.org

You are a caregiver, and you provide support to one or more members of your entourage who has a disability, whether they are family members or not.

You have your own needs. We can assist you and refer you to organizations capable of helping you with those needs.

Contact us!

Our counsellors from the Caregiver support Helpline are there for you, every day, from 8 a.m. to 8 p.m.

Benevolent and confidential **consultation**

Personalized **information**

References tailored to your needs

1 855 852-7784

info-aidant@lappui.org

appui.org

Advice • Training •

Resource directory • Newsletter

Driven by the desire to improve the quality of life of caregivers throughout Quebec, l'Appui supports caregivers and organizations that come to their aid.

With the collaboration of

Québec 