

Need help for a loved one with a disturbed mental state?

A loved one does not seem to be well and his situation worries you. You have noticed changes in his behaviour and it has begun to affect his normal functioning. He has problems at work and has difficulty making social connections. His emotions are changing, his way of being is out of character and he sometimes seems distressed.

He may have a mental health problem.

You want to offer support but you do not know what to do.

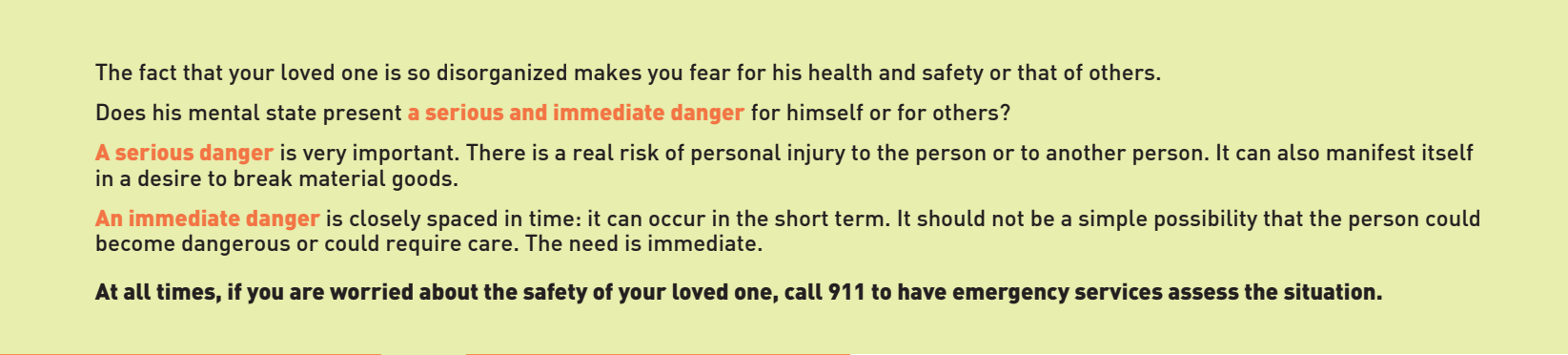
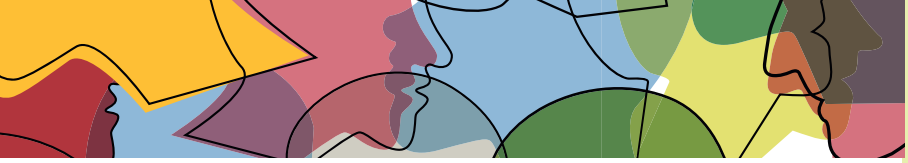


RESOURCES FOR YOU

Do not face this situation alone. Several resources are at your disposal to help both you and those around you.

- Association québécoise des parents et amis de la personne atteinte de la maladie mentale (**AQPAMM**): **514-524-7131** or **aqpamm.ca**
- Your or your loved one's local **CLSC**: **sante.gouv.qc.ca/en/repertoire-ressources/clsc**
- **Avant de craquer**: **1-855-CRAQUER** (272-7837) or **avantdecraquer.com**
- **Centre de prévention du suicide**: **1-866-APPELLE** (277-3553) or **aqps.info**
- **Tel-jeunes**: **1-800-263-2266** or **teljeunes.com/home**
- To find **social and community services**: **211qc.ca**
- To complete the "**Application for provisional custody for the purpose of a psychiatric assessment (SJ-1223A)**" on the website of the Ministère de la Justice and print it: **justice.gouv.qc.ca/en/documentation-center/forms-and-models/your-disputes/civil-proceedings/sj-1223a**

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KEEP A LOGBOOK

Everyday, record your observations and events about your loved one. You will thus be documenting the evolution of his situation, which will be useful in case of consultation with a health professional or a treatment team. Your observations may look like this:

Physical state

- Sleeps too much or very little; has little or no hygiene; has changes in diet or weight changes; has little or no energy; complains of unexplained pain; no longer looks after his appearance.

Mental state

- Has radically changed his behaviour or attitude; ceased his activities; has aggressive behaviour, frequent mood swings or memory problems; is depressed, agitated, often angry, irritable or anxious; unusually abuses alcohol or drugs; isolates himself; has a less articulated speech; shouts and speaks loudly; is often in conflict with others; laughs in inappropriate situations; is scared.
- Talks about suicide or threatens to kill people; self harms; loses hope in life; has trouble getting motivated; has a feeling of prolonged sadness.
- Hears voices; believes in things or sees people or images that are not real; no longer reasons logically; thinks that people want to hurt him or that people are listening and watching him at home; does not go out anymore for fear of being followed.

Calls received from your loved one: nature of the comments made, date, time and the number of calls received during the day.

Changes in his situation: break-up, divorce, job loss, money or gambling problem, death of a loved one (bereavement), accident, sickness, taking or stopping medication.

Steps taken by the loved one with health professionals

Any other relevant information

The fact that your loved one is so disorganized makes you fear for his health and safety or that of others.

Does his mental state present a **serious and immediate danger** for himself or for others?

A **serious danger** is very important. There is a real risk of personal injury to the person or to another person. It can also manifest itself in a desire to break material goods.

An **immediate danger** is closely spaced in time: it can occur in the short term. It should not be a simple possibility that the person could become dangerous or could require care. The need is immediate.

At all times, if you are worried about the safety of your loved one, call 911 to have emergency services assess the situation.

OPT FOR A SOLUTION

- If your loved one is already followed by a professional, you can contact his treatment team or psychiatrist to report any new developments.
- If your loved one is not followed by a professional, try to obtain his collaboration and consent to make an appointment with his doctor, either at the psychosocial services of his local CLSC, or at the hospital. The goal is for a health professional to evaluate his mental state.
- If your loved one's mental state is a serious, **but not immediate**, danger for himself or for others, or if he categorically refuses to receive help, you can:
 - Contact **811** (Info-Social section).
 - Contact a mental health worker at the Palais de justice de Montréal at 514-393-2000, extension 51867, for preliminary advice.
 - Complete an application for provisional custody for the purpose of a psychiatric assessment and present it to a judge.
- If your loved one does not cooperate, and his mental state represents a **serious and immediate danger**, call **911** for immediate emergency assistance. The law allows police officers to bring your loved one against his will to the hospital for evaluation.

SUBMIT AN APPLICATION FOR PROVISIONAL CUSTODY FOR THE PURPOSE OF A PSYCHIATRIC ASSESSMENT

- You can complete this application on the website of the Ministère de la Justice and print it*, or obtain it from CLSCs and police stations.
- Make an appointment with the clerk of the Court at 514-393-2000, extension 51867, from 8:30 a.m. to 4:30 p.m.
- In front of the judge, you will explain why you want your loved one to undergo a psychiatric evaluation.
- If the judge accepts your request, he will give you an evaluation order in due form.
- You must then go to your loved one's local police station because it is the police who execute this type of order.
- The police will try to get your loved one's cooperation to go to the hospital. In the case of refusal, they will be able to use the necessary force to compel them to go.
- In the hospital, the psychiatrist will evaluate the mental state of your loved one. Know that at any time and even if he is held against his will, your loved one can accept or refuse to be treated or to take medication.
- The psychiatrist may at any time give your loved one leave if he considers that he no longer represents a danger for himself or for others. In the case where the doctor determines that the mental state of your loved one is still a danger, he will apply to a court to request the continued custody of your loved one.

* Consult the link in the section «Resources for you.»