

Invisible
role,

a lasting
impact!

Caregivers in mental health can experience systemic **isolation**, mental and emotional overload, and a **lack of appropriate support** at work.

Let's open the discussion!



Caregivers in Mental Health: You're Not Alone

Being close to someone living with a mental health disorder while holding down a job can bring many daily challenges. In addition to your professional responsibilities, you are also carrying an often invisible role that can lead to fatigue, stress, feelings of isolation and more.

Caregivers in mental health are at greater risk of burnout and work-life balance difficulties. **Yet many don't take advantage of the work-life balance measures offered in their workplaces.**

According to a survey by Concilivi (2024):

- 28% of respondents reported not feeling entitled to use work-life balance measures to meet their caregiving responsibilities.
- 41% of respondents admitted they avoid disclosing their caregiver situation to their employer for fear of judgment or missed opportunities.

★ Acknowledging your own needs and asking for help—whether at work or elsewhere—are essential steps to maintain your balance and continue being there for your loved one.

Caregivers in mental health often think:

- "I can handle this on my own."
- "Others have it worse than me, so I have no right to complain."
- "Asking for help is a sign of weakness."

These thoughts stem from self-stigmatization. They downplay your needs and reinforce isolation. Taking care of yourself is a sign of courage, not weakness!

Why should I seek help for myself when it's my loved one who's living with a mental health disorder?

- 👉 Because your mental health and well-being matter just as much as your loved one's.
- 👉 Because by taking care of yourself, you're better equipped to support your loved one.
- 👉 Because asking for help can help prevent burnout and protect your balance.

Supporting someone living with a mental health disorder doesn't have to be complicated every day. Resources and measures can help lighten your daily load.

Benefits of asking for help

- Reducing stress, fatigue and emotional burden.
- Finding a better balance between work, personal life and your role as a caregiver.
- Preventing burnout and isolation, and maintaining good mental health.
- Developing new support and coping strategies.
- Feeling supported, heard and validated in your role—without guilt.
- Improving the quality of your relationship with your loved one.

Caregivers in mental health

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Recognizing your rights

Every caregiver in mental health experiences their own unique realities. Whether you dedicate just a few hours a week or spend a large part of your time, your needs are real and valid.

Recognizing your rights means:

- Breaking the cycle of self-stigmatization.
- Allowing yourself to take a breath and ask for support.
- Taking a crucial step toward lasting well-being, for yourself and your loved one.

💡 **Remember, you're not alone.** Learn about [the services available to you](#). Reach out to your colleagues and employer. Recognizing your needs, asking for support and using the resources available are essential steps to maintain your balance. Taking care of yourself also means taking care of your loved one.

Consult the [Caregiver in Mental Health: Who They Are and Their Needs](#) fact sheet for more information on how to navigate this reality in your workplace.

📱 Visit [ImpactReel.ca/en](#) to explore some **additional tools**, or reach out directly to our **member associations** to receive **support tailored** to your needs:

1 855 272-7837

Visit [ImpactReel.ca/en](#)

cap
santé mentale

Sources

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