

Could you *use* a link?

Could you *provide* a link?



**Mental Health Family Link**  
is a free confidential program that connects  
caregivers with peer volunteers for  
telephone support and encouragement.

- Caregivers are parents, spouses, partners, adult children or concerned others
- Caregivers need care, too!
- Peer volunteers are people who care for someone with a mental health problem or illness and who are willing to assist others going through similar experiences
- All peer volunteers receive training and ongoing support from professional staff

If you are a caregiver **needing** the missing link,  
or a caregiver interested in **becoming** the missing link,  
call **Mental Health Family Link** today.



**Mental Health  
Family Link**

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

CALL NOW (toll-free in Ontario):

**1-877-313-1999**