



Taking care of yourself when taking care of others

Supporting someone you care about can be stressful or confusing. It's important to remember to take care of yourself so that you can show up for others. Shane, a family peer supporter at Foundry, shares a few tips to get you started.

Accept and allow support.

Reach out to your friends and family to talk about what you're going through. Remember, it's okay to not be okay.

Focus on what you can do.

It's common to want to try to change your loved one and spend a lot of energy on it. If things don't go as planned, you may feel lost or guilty. The best gift you can give yourself is self-compassion — you are doing the best you can!

Set small and realistic goals.

Sometimes it's easier to take small steps. If you and the person you care about do not agree on what to do, remember to be patient with each other and do one thing at a time. Find tips on where to start at foundrybc.ca/supporting-others

Join a support group.

It can help to talk to people who are going through similar experiences. You can validate, encourage and share strategies with each other.

Foundry is here for you.

If you are a family member or caregiver of a young person ages 12-24, consider connecting with Foundry about groups, counselling or family peer support. Whether it's on the phone, online or in your community, Foundry is here to meet you where you are.

Foundry offers health and wellness resources, services and support for young people ages 12-24 in British Columbia. Foundry also offers a variety of services for families/caregivers. Call your local Foundry centre to learn what in-person groups are offered in your community. Foundry Virtual BC also offers counselling, peer support, groups and workshops for family members/caregivers, with some services offered in both English and languages other than English. Find out more about all of these resources at foundrybc.ca/get-support.

Remember, whether the person you are supporting is accessing Foundry services or not, you can receive support too!