



### Family Caregivers Unite! Archives Available

**January 10th 2012: Helping family caregivers when there's mental illness in the family**

Ella Amir is Executive Director of AMI-Québec. Jean Claude Benitah is Vice-President, Board member, Chairman of the Political Action Committee, and Member of the Strategic Planning Committee of AMI-Québec. They talk about their involvement with family caregivers and family caregiving in families with a member with mental illness. They explain AMI-Québec's history, mission and services. They describe the help that family caregivers seek, and the challenges that mental illnesses create for family caregivers, and the need for family caregiver support after a family member is discharged from hospital.

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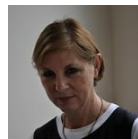
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### Featured Guests



#### Ella Amir

Ella Amir has been Executive Director of AMI-Québec Action on Mental Illness since 1990. Under her leadership the organization became one of the principal resources in Québec for families struggling to cope with mental illness. Since 2007, she's chaired the Family Caregivers Advisory Committee for the Mental Health Commission of Canada, whose mandate is to make mental health a priority in Canada. The strategy it is developing will help to focus efforts, by setting common priorities and providing a way for people across the country to work together to achieve better mental health outcomes and improve overall mental health and well-being. She holds a Master's degree in Clinical Psychology and

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#### Jean Claude Benitah

Jean Claude Benitah's current appointments at AMI-Quebec include Vice-President and board member, Chairman of the Political Action Committee, and Member of the Strategic Planning Committee. From 2007 to 2011, he was a board member at La Fédération des familles et amis de la personne atteinte de maladie mentale, a provincial-federation organization, which represents 39 provincial organizations including AMI-Quebec. He holds the BEng from McGill University and MEng from the University of Michigan in electrical and computer engineering. He's a Member of Quebec's Order of Engineers. His career includes 28 years as an electronic engineer at various Montreal, Quebec, companies in the area of air

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