

Spiritual Care

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I'm struggling with everything that's happening to me and my family. Is there someone I can talk to?

What is Spiritual Care?

Spiritual care is counselling that offers spiritual and emotional support. Spiritual Care supports patients and families of any ethnic or religious background. It also supports patients and families who do not identify with a religious practice.

When can Spiritual Care be helpful?

Spiritual Care can be helpful to anyone struggling with stress from their sickness. It can also be helpful to the family or friends of someone who is sick. Spiritual Care can help you deal with:

- Anger
- Confusion
- Fear
- Sadness
- Loneliness
- Loss of hope

How can Spiritual Care help me?

Sometimes, when people are sick, they ask themselves many hard questions:

- Why me?
- How will I tell people about my cancer?
- What will happen to my family if I die?

Spiritual Care can help patients and their family sort through their worries.

**What are your questions? Please ask.
We are here to help you.**

What does a Spiritual Care provider do?

A Spiritual Care provider can offer many services.

- Listening without judgement
- Counselling
- Providing support and encouragement, when needed
- Helping find inner strengths and resources
- Working with beliefs and values
- Support in making difficult decisions
- Sacraments, rituals and prayer
- Contact with other clergy and leaders from other faith groups as needed

There is a Chapel/ Place of Prayer and Meditation available at each hospital. These are open spaces where everyone is welcome. You can go there to pray, think, reflect, or just to escape the noise of the hospital.

Where is there a Chapel/Place of Prayer and Meditation location that is convenient to the hospital?

QEII Health Sciences Centre in Halifax:

VG site: Room 2007, Victoria Building

Muslim Prayer Space: Room 2008, Victoria Building

HI site: Room 1211, Summer St.

Dartmouth General: Main Floor

All are open 24 hours a day

Cape Breton Regional Hospital in Sydney:

Chapel: Level 2 (Main Level), near front entrance.

Open 24 hours a day

Information about services is posted outside each area.

How and when can I access Spiritual Care?

If you feel that you could benefit from Spiritual Care, ask your doctor or nurse about seeing a Spiritual Care provider.

To contact Spiritual Care directly:

In Halifax:

Weekdays from 8am-4pm

Call (902) 473-4055

For after-hours emergencies, a Spiritual Care provider can be reached through your nurse.

In Sydney:

Weekdays from 8am-4:30pm

Call (902) 567-7293

For after-hours emergencies (evenings and weekends) community clergy provide on-call Spiritual care by calling one of the following numbers:

Protestant Clergy: (902) 578-3079

Catholic Clergy: (902) 578-8366

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

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*Prepared by: Nova Scotia Cancer Care Program
Approved by: NSCCP Patient Education Committee
Designed by: Nova Scotia Cancer Care Program Staff*

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.

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