

Spiritual Care

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

Yes, Spiritual Care is counselling that offers spiritual and emotional support. Spiritual Care supports patients and families of any ethnic or religious background.

But I'm not religious.

That's OK; spirituality is unique for each person. While for many it's expressed through religious practice, overall it's about the relationship you have with yourself, family and friends, as well as to God. This can also include your hopes and dreams... whatever gives your life meaning and a sense of belonging.

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.

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.

Spiritual Care can help you deal with:

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

What does a Spiritual Care provider do?

A Spiritual Care provider can offer many services.

- Counselling
- Listening without judgement
- Sacraments, rituals and prayer

- Working with beliefs and values
- Support in making difficult decisions
- Providing support and encouragement
- Helping find inner strengths and resources
- Contact with other clergy and leaders from other faith groups as needed

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

There is a Chapel/ Place of Prayer at each site, where you can go to pray, think, reflect, or just to escape the noise of 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

In Sydney: Weekdays from 8am-4:30pm Call (902) 567-7293

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health

www.nshealth.ca

Prepared by: Nova Scotia Health Cancer Care Program

Approved by: Nova Scotia Health Cancer Care Program Education Team

Designed by: Cancer Care Program Staff

The information in this brochure is for informational and educational purposes only.

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.