

To contact a social worker:

- **Yarmouth Regional Hospital**
60 Vancouver Street
Yarmouth, NS B5A 2P5
Phone: 902-742-3542 ext. 1481
- **Digby General Hospital**
75 Warwick Street
Digby, NS B0V 1A0
Phone: 902-245-1304
- **Roseway Hospital**
1606 Lake Road
Shelburne, NS B0T 1W0
Phone: 902-875-4144 ext. 2286

Looking for more health information?

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community:
Call 211 or visit <http://ns.211.ca>

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www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.

2020

Social Work

Digby, Yarmouth, and Shelburne



Compassion
Accountability
Respect
Excellence

Mission

Social workers help you and your family cope with life changes and stress from trauma, illness, or disability.

Our goal is to provide the highest standards of social work practice to patients, families, and communities.

Values

Social workers build on the strengths and resources of the people we work with.

We are dedicated to preserving the values of human dignity, compassion, respect, and self-determination.

*View our webpage at
www.nshealth.ca
under 'Our Programs and
Services'*

How do social workers help?

Counsel:

Talking with a social worker can help to relieve stress and support you through a difficult time or decision. The goal of counselling is to find a way to resolve a problem or find ways to manage the impact of a problem.

Advocate:

We represent your interests when you are not able to do so. This may include completing application forms, writing letters, or making phone calls.

Collaborate:

We work with other people, offices, hospitals, or other service centres to help you reach your goals.

Educate:

We can tell you about services and benefits that may help you meet your goals and improve your quality of life.

A social worker may be a member of your health care team in the hospital, a clinic, or in your home.

Social Workers can also help you with:

- adjusting to or coping with injury, sickness, and disability.
- support for death and dying, or grief and loss.
- lifestyle changes, whether or not you have chosen them.
- concerns about being in hospital, treatments, and cancer care.
- financial concerns about medical equipment, meals, medications, and travel to medical appointments or treatment facilities.
- family support for relationship issues, caregiver stress, and family conflict.
- finding resources such as private home care, assisted living facilities, and nursing homes.

Social workers are registered members of the Canadian Association of Social Workers and the Nova Scotia College of Social Workers.