

*I'm struggling with everything that's happening to me and to 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 to cope with 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 families sort through these kinds of worries.

What does a Spiritual Care provider do?

A Spiritual Care provider can offer many services.

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

There is chapel and prayer space 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 are some Chapel locations that are convenient to the hospital?

VG site of the QEII in Halifax:

Chapel: Room 2007, Victoria Building

Muslim Prayer Space: Room 2008,
Victoria Building

Both 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 chapel.

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 the Spiritual Care department directly:

In Halifax:

Weekdays from 8am-4pm

Call (902) 473-3449

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

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