

# Spiritual Health

## supporting person-centred care

Attending to **spiritual health** is vital to overall well-being and should be considered in each person's healthcare plan.

Confused

Each one of us has a unique story. Significant life situations, such as celebrations, illness, injury, grief and loss can affect us differently.

Supportive

To **respond** to challenging situations in your life journey, **family and friends, the community, and healthcare providers, including spiritual health professionals**, can offer the help and comfort you need.

**Spiritual Health Professionals** are important members of the interprofessional care team; they support patients, families, and health care staff emotionally and spiritually in moments of need, based on the person's beliefs, cultural background, values, traditions and practices.

If you think a **Spiritual Health Professional** can help you or someone you care for, contact your health care provider.



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Reflective

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Distressed

Caring

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Worried

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Vulnerable

Reassuring

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Supportive

Nervous

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Concerned

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