



## Self-Referral Care of the Human Spirit

*(A free service from St. Joseph's Health Care, London)*

### Preadmission

#### Support for BODY, MIND & SPIRIT when you are facing surgery and you are ....

... feeling:

- alone
- disappointed
- depressed/frustrated/helpless/  
anxious/afraid/distressed
- vulnerable and uncertain, or
- loss and grief within your life.

...in need of:

- reassurance in the midst of  
uncertainty, change or challenge
- help with meditation, or
- a visit and/or prayer before surgery.

...worried about:

- health issues
- body image
- coping
- job, family
- meaning and purpose in life
- getting back to normal, or
- disability...

....please don't hesitate to contact us. It helps  
to talk with someone about the issues you are  
facing or the struggles you are experiencing.

If you would like support from the Spiritual Care  
Department, please submit this form to the  
Preadmission clinic reception area.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

If we are unable to contact you while you are  
here in the hospital, how would you like us to  
contact you at home for support?

☐ By telephone

☐ By email

**Spiritual Care Department**  
**519-646-6100 Ext. 66029**  
**24 hour pager #10389**