Pastoral Care and Chaplaincy
Supporting you in times of personal crisis and distress

Where you can go to pray or think
Peninsula Health has sacred areas for prayer, meditation, quiet reflection and rituals.

Patients, residents, families and staff are welcome to use these areas.

- **Frankston Hospital Sacred Space**
  (Level 3/Ground Floor inside main entrance)
- **Frankston Hospital Aboriginal Healing Garden**
- **Frankston Golf Links Road Sanctuary**
  Tattersalls Palliative Care Unit
- **Rosebud Hospital Chapel**

How to contact Pastoral Care

- If you are a patient or family member, please ask a staff member to page Pastoral Care on pager 619
- If you need to contact us out of hours, please phone Frankston Hospital Switchboard on 9784 7777

Pastoral care is respectful and supportive of all beliefs, religions, traditions and cultures.

You do not need a spiritual belief or religious background to see a pastoral care practitioner.

Disclaimer: The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

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The Aboriginal Healing Garden at Frankston Hospital
About Pastoral Care

The Pastoral Care and Chaplaincy Team at Peninsula Health provides multi-faith spiritual, pastoral, religious and emotional support to patients, families, carers and staff.

We understand how hard it is to make decisions about future care needs, ageing, poor health, and hospitalisation. It can be an emotional time, and you may feel sad, worried, angry or stressed. Everyone has their own way of responding to life, whatever their faith, tradition, belief or spiritual identity.

If you are going through a personal crisis or distress, the Pastoral Care and Chaplaincy Team is here to listen to your concerns and feelings. Together, we can work through your issues in a supportive environment.

- We are available to support people at all Peninsula Health sites
- Everyone is welcome to ask for our help
- We have strong links with many faith communities in Frankston and the Mornington Peninsula
- Our team includes experienced pastoral practitioners, trained volunteers, and Communion/Eucharist visitors

What Pastoral Care can offer

- Religious and sacramental care
- Spiritual or emotional care and support
- Prayer and reflection
- Referral to faith representatives and support agencies such as Orthodox Christian, Muslim, Jewish, Baha’i, and Buddhist
- Pastoral support when going through unexpected change in health or lifestyle
- Grief and loss
- Advocacy for patients and families
- Palliative care support
- Education
- Clinical pastoral education
- Aboriginal and Torres Strait Islander spirituality

When Pastoral Care may help

- When you need spiritual or emotional support
- If you want to speak with a pastoral practitioner or a faith representative
- If you feel nervous about having surgery or treatment
- When you feel anxious or discouraged
- If you require sacramental care such as Anointing of the Sick, Communion or Eucharist
- When you need a ritual from a specific faith tradition such as a Jewish Sabbath prayer
- If you are looking for reassurance about life or life changes
- When you receive an unexpected diagnosis or news