



GETTING EMOTIONAL SUPPORT

What is Emotional Support?

Emotional support looks different to different people. Some people prefer to talk to someone about their sadness, anxiety and grief. Other people prefer to read information about it. And others prefer to process difficult emotions on their own without the assistance of an outsider. Talk to your care team about your preferred way of getting emotional support. It may be difficult for you to know which method of getting emotional support is going to work best. Remember that your team counselor and chaplain, in particular, are specially trained to assist you with processing the grief and sadness that occurs while facing the death of a loved one, and are honored to provide you with emotional support in whatever way you choose.

Tell Your Care Team About:

- Feelings of sadness, grief or depression
- Feeling overwhelmed by caregiving concerns and decisions
- Feeling overcome with worry about your loved one's condition
- Questions you might have about hospice and your loved one's decline
- Past or current struggles with depression
- Any practical concerns that may be causing you and your loved ones distress (material, financial, legal)
- Any spiritual concerns that might be causing distress
- Talk, thoughts or suspicions about suicide or thoughts of hurting yourself

How You Can Help:

- Do not think or feel that you are bothering your Care Team by asking questions. It means you care – as does your Care Team.
- Treat yourself and each other with dignity and respect.
- Let your Care Team know how you prefer to receive emotional support.
- Be gracious with yourself and others. Assume that everyone is doing the best you can under the circumstances.
- Try to keep up with daily routines. Usual and familiar tasks and relationships can be reassuring.
- Talk to someone you can trust. It could be someone you have long trusted, or it might be easier to confide in a neutral Care Team member, someone with whom you can share thoughts and feelings.

Need more information or help? Call 633-3400 24 hours a day, 7 days a week to get live help. Thank you for letting us help care for you and your loved ones.