

How a Chaplain Can Help

When you have cancer, you may want care for your spirit as well as your body. Chaplains can help. They listen to you. They support you when you need it, whatever your religion or spiritual path. Huntsman Cancer Institute chaplains are available to visit with you. Call the number below or talk with your care team to ask for a chaplain visit.

A Chaplain's Role in Your Treatment and Care

A chaplain can support you and your loved ones.

- Speaks up with your care team and loved ones for your well-being of spirit, emotion, and body
- Helps you talk with your loved ones and care team about your concerns and feelings
- Finds support and approaches to cope with stress and other concerns
- Helps resolve conflicts

A chaplain can help work through big questions.

- Gives you support for coping with grief and loss
- Helps you explore or manage feelings such as anger, fear, and guilt
- Helps you work through hard decisions
- Helps you define your quality-of-life goals
- Helps you prepare for the end of life

A Chaplain's Role in Faith, Religion, and Spirituality

Having cancer may open you to new thoughts about spirituality. A chaplain can help you:

- Explore your beliefs
- Find and talk about meaning in your life
- Talk with you about the experience of illness and suffering
- Hear confessions or regrets about thoughts, words, actions, or failures to act
- Find literature, sacred objects, or teachers to help your spiritual practice
- Do ceremonies important to you
- Arrange care for a loved one's body after death

If you belong to a church or follow a spiritual path, a chaplain can support your needs:

- Offer help with your spiritual practices
- Pray (aloud, silently, with others, or alone) for you or a loved one
- Read sacred texts or scriptures you choose
- Help connect you with local religious communities
- Help resolve separation from your faith community

For Spiritual Care Services, dial FAITH from your hospital phone or call 801-213-2484.

Adapted with permission from *Chaplaincy Interventions Defined*, Texas Medical Center Project, © Brent Peery