

# *We are here for you* Care for the Caregiver Program

If you are experiencing a reaction, to a stressful event, we can help. Our goal is to help our health care team members understand what they are experiencing and provide support. The program is open to all St. Joseph's Health staff.

## Do you feel...

- Personally responsible for the patient outcome?
- As though you failed the patient?
- Doubtful of your clinical skills and knowledge base?

## The Care for the Caregiver Program will:

- Provide you with a 'safe zone' to express thoughts and reactions to enhance coping
- Ensure that all information shared is confidential
- Provide one-on-one support and explore your reactions and feelings that often occur after a stressful or traumatic event
- Provide group peer support after a stressful or traumatic event
- Provide assurance that you are experiencing a normal reaction

# St. Joseph's Health

## CARE FOR THE CAREGIVER

### Talk With Someone Today

Available During Standard Business Hours:

Narine Kaprelian, PES Manager

**973.754.2831**

Deacon Lawrence Duffy, Chaplain

**973.754.5699**

**ON-SITE 24/7**

Crisis Hotline: **973.754.2230**

On-call chaplain: **contact the operator**

**Outside Services | ComPsych:**

**877.327.4753**

#### Physical Symptoms

Sleep disturbance	Muscle tension
Difficulty concentrating	Nausea or vomiting
Eating disturbance	Rapid heart rate
Headache	Rapid breathing
Fatigue	Diarrhea

#### Psychological Symptoms

Isolation	Anger and irritability
Frustration	Depression
Fear	Extreme sadness
Grief and remorse	Self-doubt
Uncomfortable returning to work	Flashbacks