

*God grant me the serenity  
to accept the things I  
cannot change, courage to  
change the things I can  
and, wisdom to know the  
difference*

*(Anonymous)*

*Learn from yesterday, live  
for today, hope for  
tomorrow*

*(Albert Einstein)*



## VISITING CLERGY

Representatives from various faiths and denominations are available to visit patients at Beleura and can be contacted by speaking to Allan Havelock or a member of the nursing staff.

Beleura Private Hospital  
925 Nepean Highway  
Mornington, VIC. 3931

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## PASTORAL CARE & COUNSELLING SERVICE



**BELEURA**  
PRIVATE HOSPITAL

# What is Pastoral Care?

Pastoral Care and counselling is available to help you during your stay at Beleura Private Hospital.

Pastoral Care is about recognizing that there is more to being human than just the physical.

Many use the word “spirit” or “soul” to describe this aspect. For some these words are understood in a religious sense, for others they have a broader non-religious meaning—it depends on your experience.

Spiritual reality deals with the meanings of our life, with values and with the force that keeps us going. For example, what should I do when I have more than enough to eat? What does making money mean to me? What sense can I make of my illness? Is there a life after death or is this just it? What does quality of life mean to me?

Being in hospital can often lead people to reflect on their life and lead them to want to deal with personal issues that they have not previously explored.

Separation from family, fear of the unknown, spiritual unrest and institutional procedures can also cause anxiety, frustration and loneliness.

Our Pastoral Care Psychologist, Allan Havelock, is available to assist you with any concerns you, your family or your friends may have while you are at Beleura. If you would like to speak with him, ask a member of the nursing staff to arrange it for you.