



Lakeland Regional **Health**<sup>®</sup>

## DEPARTMENT of Pastoral Services

# Team **SUPPORT** Chaplain

### How to Contact



X 1247



[TeamSupportChaplain@myLRH.org](mailto:TeamSupportChaplain@myLRH.org)

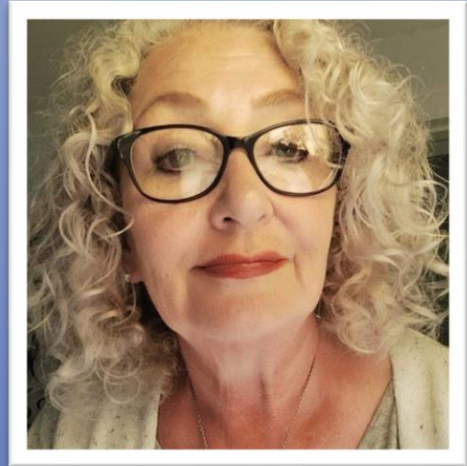


Office Location: Main Hospital, C3

Chaplains are available to support our team, our patients, and our families 24/7.

For urgent needs, call the Department of Pastoral Services and leave a message for the Team Support Chaplain.

For all other requests, you can email [TeamSupportChaplain@myLRH.org](mailto:TeamSupportChaplain@myLRH.org)



Judy Kahler-Jalbert, MTh, COSB

### What is a Team Support Chaplain?

This chaplain is dedicated to addressing the spiritual and emotional needs of team members as they cope with compassion fatigue, moral distress, and the emotional trauma facing the healthcare profession. The Team Support Chaplain is available to provide support to any LRH team member.

### When can the Team Support Chaplain help?

#### For when you are:

- In need of support after an emotional critical incident or traumatic event
- Struggling with difficult patient situations or families
- Needing someone to talk to
- Feeling sad or isolated
- Dealing with the loss of a loved one
- Struggling with a major life change
- Education on Compassion Fatigue
- Self Care
- Work / Life Balance