



Do you need help understanding or managing medical, psychological, social or practical concerns?

A Social Worker can help.

They can help you with...

- Managing the impact of illness on your work, personal relationships, or ability to care for yourself, including end-of-life care.
- Situations involving abuse, neglect, or self-neglect.
- Mental health and emotional support related to: loss of independence, loneliness and isolation, substance use, family relationships, and lifestyle changes*.

Social Workers are your link to...

- Community resources and services, such as: care, financial, legal, emotional, or spiritual needs and housing*.
- Information regarding transportation, navigating the healthcare system and advanced care planning (health and/or financial)*.
- Culturally specific care, resources, and benefits.

For more information, and to find out if you are eligible for a referral to a Social Worker at no cost to patients, please speak to your family doctor or any of our clinic staff.

* Not an exhaustive list