

# Care for the Caregiver Program

**All communication is confidential.**

*We Are Here for You...*

*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 thought 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

### Common Reactions to a stressful event:

#### Physical Symptoms

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

#### Psychological Symptoms

- isolation
- frustration
- fear
- grief and remorse
- uncomfortable returning to work
- anger and irritability
- depression
- extreme sadness
- self-doubt
- flashbacks

## Do you want to talk with someone?

### Available resources:

#### **Business Hours:**

Narine Kaprelian, PES Manager – 973-754-2831  
Deacon Lawrence Duffy – 973-754-5699

#### **On-Site 24/7:**

Crisis Hotline (24/7) – 973-754-2230  
Chaplain on-call – Call the operator

#### **Outside Services:**

LifeWorks – 888-319-7819