

When spiritual needs are recognised and responded to as an integral part of person-centred care an essential contribution is made to peoples' health and wellbeing.



Spiritual Health Association

Spiritual care is the provision of assessment, counselling, support and ritual in matters of a person's beliefs, traditions, values and practices enabling the person to access their own spiritual resources.

Contact us for more information:

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Wellbeing is a state of balance or alignment in body, mind and spirit. In this state we feel content; connected to purpose, people and community; peaceful and energised; resilient and safe. In short we are flourishing¹.

¹Earl E. Bakken Centre for Spirituality and Healing, University of Minnesota. Retrieved from <https://www.csh.umn.edu/about-us>