

# SPIRITUAL & MENTAL HEALTH CARE

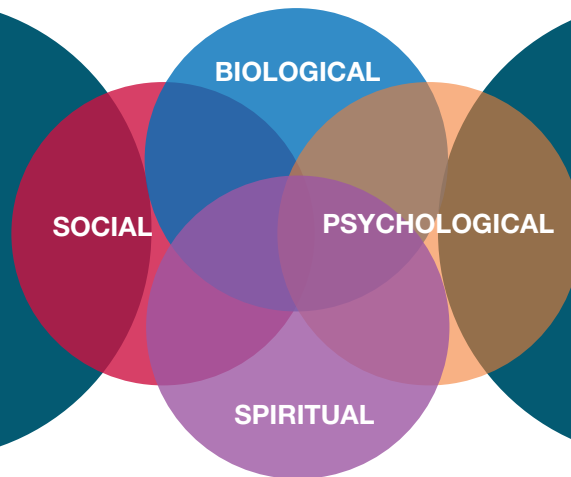
*Spirituality is both a strength and a resource that can be harnessed to support a person to move through mental health challenges.* Raffy et al, 2016

## HOLISTIC CARE INCLUDES THE SPIRITUAL DOMAIN

World Health Organization defines the four dimensions of wellbeing as:

- physical
- social
- mental
- spiritual.**

WHO Geneva Charter, 2021



## THE BIOPSYCHOSOCIAL-SPIRITUAL MODEL

The biological, the psychological, the social, and the **spiritual** are distinct dimensions of the person, and no one aspect can be disaggregated from the whole.

Sulmasy, 2002



## MENTAL ILLNESS OR SPIRITUAL STRUGGLE?

**Compassionate care is the responsibility of all healthcare workers.**

Balboni et al, 2014

The multi-disciplinary care team can ask these questions:

### Exploring a person's spirituality:

- What gives your life meaning?
- What is important to your sense of self and what you value?
- What sources of support do you turn to?
- Are there any spiritual practices, rituals, communities or places you find helpful?

MISTIC Toolkit, 2021

### Assessing spirituality in mental health care:

- What ways does spirituality contribute to the problem?
- What ways could it be part of the solution?

Pearce & Pargament, 2018



## FURTHER SUPPORT?

### REFER TO A SPECIALIST SPIRITUAL CARE PRACTITIONER

Professional spiritual care can help discern between spiritual struggle and mental illness and the complex interplay between the two.

Spiritual care is the provision of



assessment



counselling



support



ritual

in matters of a person's beliefs, traditions, values and practices enabling the person to access their own spiritual resources. Spiritual Health Association, 2020

Explore the availability of spiritual care within your service to ensure holistic health care provision.



Spiritual  
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*Leading the integration of safe and high-quality spiritual care in healthcare*  
[www.spiritualhealth.org.au](http://www.spiritualhealth.org.au)

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