



Ask Elizabeth Caregiver Help Line

Trusted support on caring for others is now available from your phone, tablet and computer.



Whether you need information on helping Dad live independently, getting Mom to doctors' appointments, arranging for a volunteer or what's worrying you about your ill sister... You can talk to our health professionals for the personalized support you need.

Call or chat online

1.855.Ask.Eliz (275.3549)

www.saintelizabeth.com

Resources like Ask Elizabeth, our Caregiver Compass and our website support Canadians with their caregiving roles. These resources are made possible through the generosity of our donors. Please consider making a gift to the Saint Elizabeth Foundation.





Saint Elizabeth

Well beyond health care

Saint Elizabeth is an award-winning, not-for-profit and charitable health care organization.

For more than 100 years, Saint Elizabeth has been helping people live in their homes. We bring health services and information to people where they are, and how and when they need it.

Our team of 7,000 nurses, personal support workers and rehabilitation therapists deliver over six million home care visits annually.

“I am so grateful for your time. I’ve been calling around all day and I am so relieved to finally get the information I need.”

www.saintelizabeth.com



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Saint Elizabeth is a not-for-profit charitable health care organization providing quality care since 1908.

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