

# Supporting You Through Bereavement and Grief

A GUIDE



# How are you Feeling?

When you first hear that someone you know has died you can experience a wide range of emotions. These can range from feeling shock and loss, to profound sadness, and even anger. All of these feelings are completely normal.



# Things you might find helpful

Ask for help

Express your thoughts and feelings

Get some exercise

Stay with friends or family if you can

Allow yourself to cry

Take time to remember the person

Spend time with others who are grieving

Try to do things you enjoy

Try gentle breathing exercises and yoga

Spend time outside

Delay doing difficult or dangerous tasks



# Support at SHU

## If your studies are affected:

Appointments with a student support adviser  
Contact Hallam Help to book:  
[www.shu.ac.uk/myhallam/help-and-support](http://www.shu.ac.uk/myhallam/help-and-support)

## For therapeutic support such as counselling:

Appointments with a wellbeing practitioner  
Email Student Wellbeing to book:  
[student.wellbeing@shu.ac.uk](mailto:student.wellbeing@shu.ac.uk)

## For a listening ear:

Support from the Multifaith Chaplaincy  
Email: [chaplaincy@shu.ac.uk](mailto:chaplaincy@shu.ac.uk)  
Phone: 07831175562



# Other Support

For online support please visit [Student Wellbeing's web pages](#). Here you will find information about Togetherall, available to provide online support day and night to all our students and many other sources of online support.

You can also phone or email [Samaritans](#):

Phone: 116 123 (free)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)





# **SHU Multifaith Chaplaincy**