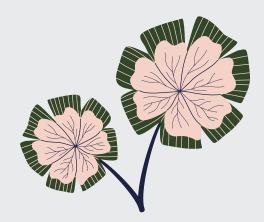
Supporting You Through Bereavement and Grief



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:

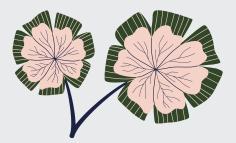
Appointments with a student support adviser Contact Hallam Help to book: www.shu.ac.uk/myhallam/help-and-support

For theraputic support such as counselling:

Appointments with a wellbeing practitioner Email Student Wellbeing to book: student.wellbeing@shu.ac.uk

For a listening ear:

Support from the Multifaith Chaplaincy Email: chaplaincy@shu.ac.uk Phone: 07831175562



Other Support

For online support please visit <u>Student</u> <u>Wellbeing's web pages.</u> 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 <u>Samaritans</u>:

Phone: 116 123 (free) Email: jo@samaritans.org





SHU Multifaith Chaplaincy