#### Sheffield Hallam University



# Need to talk?

Come and speak to us at the Multifaith Chaplaincy. We can help if...

...you have questions about religion and belief

...you feel that you can't tell anyone

...you have broken up with someone

...you just want a chat

...you don't talk to someone you will explode

...you're going to your first funeral

...your friend has lost someone and you don't know how to help them

...you're facing a moral dilemma

...you really need some space to think

...you have regrets and feel stuck

...you would like someone to pray for you

...you're facing a difficult decision

We can't promise answers to all your questions. But we do promise that we will listen in confidence, share our experience, and do our best to help you move forward.





### What is the Multifaith Chaplaincy?

We are a network of people drawn from a wide range of religious traditions, providing spiritual and pastoral care, and religious advice and guidance for students and staff at Sheffield Hallam.

We also run faith-related activities throughout the year, including prayer, meditation and mindfulness.

Our network consists of two Christian chaplains (Anglican and Roman Catholic) and volunteer faith advisors from a range of faiths, all of whom have been endorsed by their respective faith communities. Our service is available to people of different faiths and none. You do not have to regard yourself as a religious person to get in touch with us.

#### **Our Spaces**

At City Campus we have the Multifaith Centre on Level 2 of Owen which includes the chaplaincy office, a quiet room for prayer and relaxation, Muslim prayer rooms and a meeting rooms. Adsetts out-of-hours Quiet Room for prayer and relaxation, Level 4 in the quiet study area.

At Collegiate Campus there is 'The Retreat' - a space for prayer and relaxationon Level 2 of Oaklands, and Muslim prayer rooms on Level 1 of the Oaklands Building.

## To speak to a chaplain

call 0114 225 3153 or 07831175562 email chaplaincy@shu.ac.uk or call into our office in the Multifaith Centre, Level 2, Owen

For more information, search 'chaplaincy' on shuspace, or visit go.shu.ac.uk/chaplaincy