

SHU Grief Society



**Sheffield
Hallam
University**

Grief is an incredibly daunting experience but once you realise there's people around you going through a similar situation, you can talk about all the different emotions you're feeling, so the process becomes less scary.

If you, or anyone you know, might be interested in joining the Grief Society, feel free to get in touch through my email c1012437@my.shu.ac.uk

External Support

Marie Curie - call 0800 090 2309

CALM - call 0800 58 58 58

Text **SHOUT** to 825 58

At a Loss - call 0800 448 0800

@ifwedontlaugh - Instagram

Good Mourning - Podcast

What to expect

- Day and Evening sessions
- Sessions every 1/2 weeks
- Informal and Formal Sessions
- Recommendations and Resources
- Nights in and Nights out

Internal Support

SHU Chaplaincy - Chaplaincy@shu.ac.uk
Student Wellbeing

What is grief?
Is anyone else feeling the same way as me?
Is it normal to feel okay on some days?
How do I cope when I'm having bad days?
Does it ever get easier?