

NATIONAL GRIEF AWARENESS WEEK 2023

2-8 DECEMBER 2023

Student Services



University of
Chester



WHAT IS GRIEF

Grief is our natural response to loss, particularly the loss of someone we have formed a meaningful bond with.

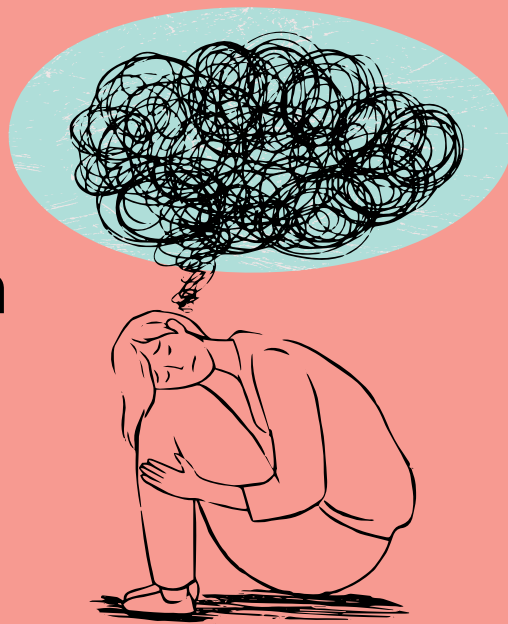
There is no 'one way' to experience grief, and it is personal to us as the relationship with the lost person was unique.

Grief is painful but is also an expression of love for the person lost.

IMPACT OF GRIEF

The impact of grief can be emotional, physical, mental, social, behavioural, cultural, and/or spiritual.

We all grieve differently in our own time-frame and grief can include unexpected feelings such as feeling lost, numb, guilty, and/or angry.



7 STAGES OF GRIEF



These 'stages' are not linear and we can experience them in any order. We may even skip some stages or return to some often or at any point.

There is no 'right' way to grieve and no time that you 'should be over it by now'.

COPING WITH GRIEF

- Talking to loved ones or people you trust about how you feel.
- Reflecting on your relationship with the lost person.
- Crying helps us regulate our nervous system when processing uncomfortable feelings.
- Creating a memory box to remember the lost person.
- Seek Bereavement Counselling to support you through your grief with a professional.



RESOURCES

You might not be ready to talk about your grief but there can be some reassurance found through reading. Here is a list of some websites and articles you may find helpful or supportive to you or someone you know who is grieving (click the links):

Bereavement

Mind - [About Bereavement](#)

NHS - [Grief after bereavement or loss](#)

Sue Ryder - [How to cope with grief](#)

Bereaved by Suicide

Mind - [Bereavement by Suicide](#)

Help Guide - [Suicide Grief](#)



Exploring the different types of grief

Talk Space - [Types of Grief](#)

What's Your Grief - [Types of Grief](#)



Complicated/Complex Grief

Cruse Bereavement - [Complicated Grief](#)

Better Up - [Complicated Grief](#)

SUPPORT

Grief is very personal and can feel lonely but there is support available for when you are ready to reach out. Below are some organisations and networks you can access (click the links). You can also speak to your GP.



Local (Chester/Shrewsbury/Warrington)

[Hospice of the Good Shepherd](#)

[Amparo - Support following suicide](#)

[Warrington Bereavement Support](#)

[Shropshire Council - Bereavement Support](#)

[2Wish - Support with sudden loss of a child or young person](#)

University of Chester and Student Support

[University of Chester: Portal - Bereavement](#) or follow the QR code

[Community Hub/Chaplaincy \(Supporting 'all faiths and none'\)](#)

[Student Assistance Programme \(SAP\) - Access 24/7 Counselling and/or practical advice 0800 028 3766](#)

[Student Grief Network - Support and events for students](#)

National (UK)

[Good Grief Trust](#)

[Cruse Bereavement](#)

[SOBS \(Survivors of Bereavement by Suicide\)](#)

