

BEREAVEMENT SUPPORT

Experiencing bereavement is both painful and stressful and it is important that you get the help you need. There is lots of support available to students both in and outside of the University.

The Student Support, Health and Wellbeing and Chaplaincy teams are available to talk to you, either on your own or in a group. It can be very helpful to talk as it enables you to process what has happened and how you feel.

THE CHAPLAINCY

The Chaplaincy is responsible for the care of students, staff and their families when a bereavement happens. As experienced bereavement listeners they offer a safe space to explore your feelings and emotions surrounding death, as well as offering practical support.

The Chaplaincy Centre is located directly behind the Chapel and operates an open door policy 9.00-17.00 Monday to Friday.

T: 07841 615904

Chaplaincy also offers an out of hours service - chaplains contact details are available at www.chaplaincycccu.co.uk.

STUDENT SUPPORT AND WELLBEING ADVISERS

Our Student Support and Wellbeing Advisers are your first point of contact on anything worrying you and can help signpost you to any further support you may need.

T: 01227 922675 or E: studentwellbeing@canterbury.ac.uk.

Drop-in Times and Locations

Canterbury

- Augustine House, AHg59, Monday to Friday: 10:30-16:30
- North Holmes Road, Ag26, Mondays: 10:00-16:00

Medway

- Cathedral Court - The Medway Drop-in offers bookable appointment time slots on Thursdays between 10:00 and 13:00.

THE MENTAL WELLBEING TEAM

Our Mental Wellbeing Team can help if you are experiencing emotional distress.

T: 01227 923056 or E: mentalwellbeing@canterbury.ac.uk

Drop-In Times

Canterbury

- Augustine House, AHg59, Monday to Thursday, 12:00-13:00
- North Holmes Road, Ag26, Wednesday (Drop-In Plus) 10.00-16.00 and Friday 12:00 - 13:00

Email: mentalwellbeing@canterbury.ac.uk
Phone: 01227 923056



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OUT OF HOURS SUPPORT

www.bigwhitewall.com – is a safe and anonymous online space you can go to if you're feeling down, struggling to cope or just want to talk to people who understand what you're going through. Whether you want to speak to peers or a counsellor, there will be someone there every minute of every day.

Nightline (<https://canterburynightline.org>) – a student-run listening service supporting students throughout the night. T: 01227 824848 or E: listening@canterbury.nightline.ac.uk (from 20.00 - 08.00, Monday, Wednesday, Friday, Saturday & Sunday during term time).

The Samaritans (<https://www.samaritans.org>) - confidential, emotional support 24/7 on T: 116 123 or E: jo@samaritans.org

STUDENT ADVICE AND WELLBEING SELF-HELP GUIDES

There are booklets created in partnership with the NHS on the following subjects which you can download from the website or request a hard copy to be printed.

- [Bereavement](#)
- [Anxiety](#)
- [Sleeping Problems](#)

These guides, and more, can be found at www.selfhelpguides.ntw.nhs.uk/canterbury.

ADDITIONAL BEREAVEMENT SUPPORT

Cruse Bereavement Care - <https://www.cruse.org.uk/>

Support, advice and information when someone dies. T: 0808 8081677 or E: helpline@cruse.org.uk

USEFUL BOOKS

- The Courage to Grieve – Judy Tatelbaum
- Facing Grief: Bereavement and the Young Adult – Susan Wallbank