



# Support in times of Bereavement and Loss



**UNIVERSITY  
OF WARWICK**

Chaplaincy

The death of a family member, friend or work colleague may bring with it many emotions and sometimes unexpectedly strong feelings that are all part of grieving. Grief is different for each individual and each loss unique.

Grieving can often bring with it feelings of numbness, pain, loneliness or helplessness and is complicated by emotions such as anger, frustration, shock, sadness and confusion. Work or study may be deeply affected by tiredness and low mood. Our ability to concentrate is often impacted. Even the simplest of tasks can seem extremely difficult to complete.

There are other losses in life that also need a process of grieving, such as loss of a relationship, a job, or a limiting health condition. At times like these it can be good to seek the support of family, friends, Wellbeing services or Chaplaincy services.

## **Moving forward**

- Allow yourself time to grieve.
- Be gentle with yourself.
- Talk about the loss and allow yourself time to cry if you need to.
- Grieve in your own way and at your own pace.
- Keep in touch with those who can offer you support.
- Avoid life changing decisions.

# **The Chaplaincy Team are here to help**

## **Who are we?**

An experienced team offering spiritual support for everyone and religious care for those who would welcome it.

Chaplains at the University of Warwick offer expertise in a wide variety of religious traditions and have cross-cultural experience and understanding of bereavement and loss.

## **We offer:**

- support for all staff and students and their families.
- a space to listen, explore and reflect.
- confidential support.
- termly Bereavement Cafés for staff and students.
- assistance to departments in organising memorial webpages for staff.
- support for memorial events on or off campus.
- help to departments to set up quiet spaces for reflection.

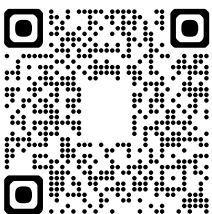
# How to contact us

**Email:** [chaplaincy@warwick.ac.uk](mailto:chaplaincy@warwick.ac.uk)

or fill in our request form

[warwick.ac.uk/services/  
chaplaincy/contact/enquiry](http://warwick.ac.uk/services/chaplaincy/contact/enquiry)

**Tel:** 024 7652 3519



[warwick.ac.uk/services/  
chaplaincy/bereavement](http://warwick.ac.uk/services/chaplaincy/bereavement)

“The heart knows no  
timeline; healing unfolds  
in its own gentle rhythm.”

Anon

