Coping with Grief

- Accept your feelings, and express them.
- Reach out for support, consider counselling.
- Try to keep your routine up.
- Allow yourself time to mourn.
- Prioritize your eating and sleep.
- Talk about the loss with someone you trust.
- Treasure and celebrate the lives of your loved ones.
- Avoid substance use to numb yourself.
- Write and reflect in a journal.
- Don’t make big decisions in the midst of grief.
- Be patient with yourself. Mourning takes time.
- Remember that life is for the living.
# RESOURCES

## On-Campus

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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</table>
| Counseling & Psychological Services (CAPS)       | 860.685.2910  
  327 High Street, 2nd floor  
wesleyan.edu/caps |
| Office of Religious & Spiritual Life (ORSL)      | 860.685.2278  
  169 High Street, 2nd floor  
wesleyan.edu/orsl |
| The Resource Center                               | 860.685.3979  
  169 High Street, 1st floor  
wesleyan.edu/resourcecenter |

## Off-Campus

<table>
<thead>
<tr>
<th>Service</th>
<th>Details</th>
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</table>
| Middlesex Hospital Bereavement Support Group      | Meets monthly on the 1st and 3rd Monday from 5-6:30pm in Conference Room A. No cost and no pre-registration required.  
middlesexhealth.org/news-events-and-media/classes-and-events/bereavement-support-group-20120716 |
| ThrivingCampus                                    | An online directory that allows students to access a list of off-campus, licensed mental health clinicians.  
wesleyan.thrivingcampus.com |

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**Student-Run Grief Support Group**

This student-led group creates a network of support for those who have experienced the death of a loved one. Please feel free to come and leave when it is convenient for you.

For more information:
wesleyan.edu/caps/services/group.html