CHUMS delivers support across Kent and Medway

(Aged 3½ up until their 26th birthday).

Service delivery

Support is offered through a variety of interventions:

- Triage assessment phone call
- Full assessment
- Therapeutic groups to manage trauma and grief
- 1:1 therapy sessions for complex or traumatic bereavement
- Parent/carer groups
- Drop-ins
- Follow up sessions
- Advice line

Following telephone consultation, children and young people will be offered interventions within CHUMS, or signposted to more appropriate services.

Getting In Touch

CHUMS

Mental Health and Emotional Wellbeing Service

Head Office: Wrest Park Enterprise Centre, Wrest Park, Silsoe, Beds, MK45 4HS.

The office is open **8 am – 6 pm** **Monday** to **Friday**

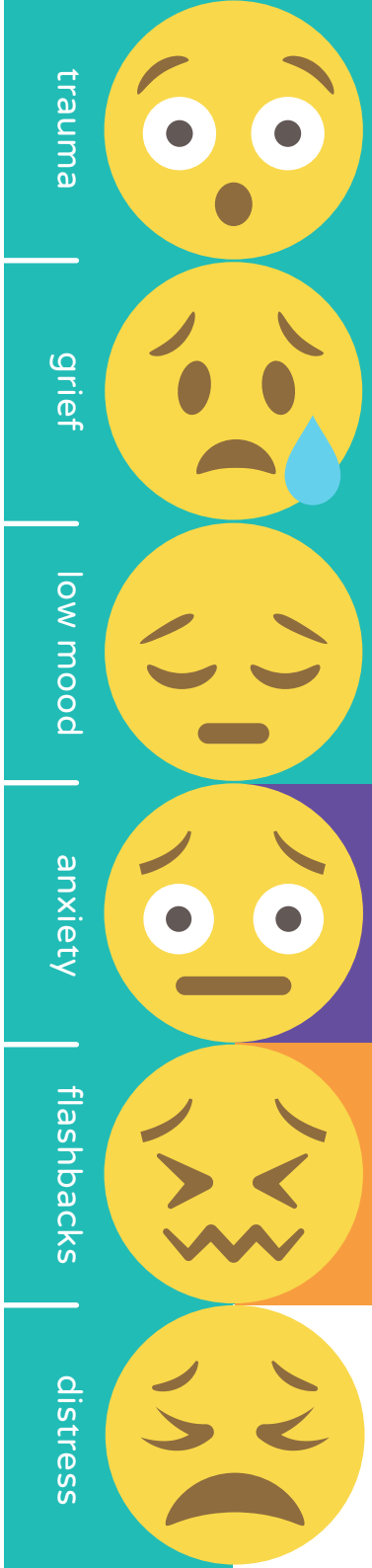
The service is free and confidential.

Call us on:

01622 427300

e: **info@chums.uk.com**

www.chums.uk.com



CHUMS Kent and Medway Specialist Bereavement Service

Are you concerned about a child or young person's grief?

Is their grief overwhelming them?

Have they experienced a traumatic bereavement?

CHUMS

Support for Education Settings

- 1:1 specialist support
- Bereavement training
- Drop in for families and pupils

Our Objectives

- Increase awareness of complex and traumatic bereavement
- Support to foster increased resiliency
- Promote accessibility through delivery in homes, schools and community venues
- Shared decision making to agree therapeutic goals
- Deliver holistic support, which may include the family and wider network

Our Team

We have a team of professionals from a variety of disciplines including counselling, cognitive behavioural therapy, psychology and play therapy whom:

- Understand the issues that children and young people face
- Have the skills to effectively support them
- Work collaboratively with other providers
- Evidence outcomes

Difficulties we help with

We offer specialist bereavement support for children and young people experiencing significant difficulties following a death. This includes support for:

- Complex grief
- Traumatic bereavement
- Post traumatic stress responses including:
  - Flashbacks
  - Avoidance
  - Dissociation
  - Emotional regulation
  - Low mood
  - Anxiety
  - Relationship difficulties

Online Referrals

Making a referral to our service is quick and easy. Visit our website:

chums.uk.com/referral

"CHUMS listened to my worries and concerns and helped me to adjust to things being different"

"The help I received from CHUMS made me feel better inside"