

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



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

trauma



CHUMS Kent and Medway Specialist Bereavement Service

grief



low mood



anxiety



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

flashbacks



Is their grief overwhelming them?

distress



Have they experienced a traumatic bereavement?



Support for Education Settings

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

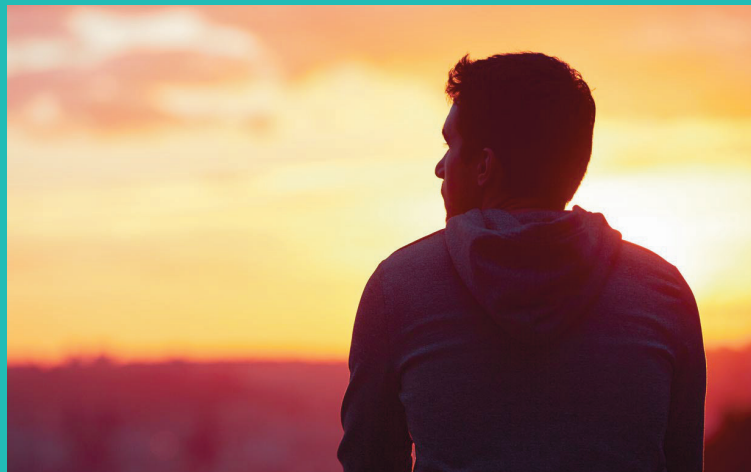
Our Objectives

- 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"