Actively Moving Forward (AMF) at BU

We are a student group that aims to support, connect, and empower college students who have lost a loved one.

AMF at BU has support group meetings every other week with others who “get it.”

Facebook and Instagram: @buamf
amf.bostonuniversity@gmail.com
healgrief.org/actively-moving-forward/
Information for College Students Experiencing Grief or Loss

- Everyone responds to grief differently
- Grief is not always linear, and there is no time limit
- It's important to focus on self-care when experiencing feelings of loss
- Getting rest and taking time off may help you feel better
- Consider talking about your loss to friends, family, or counselors

Resources at BU

BU Behavioral Medicine
Assessment, diagnosis, and referral to mental health resources

bu.edu/shs/behavioral-medicine
(617) 353-3569

BU Behavioral Medicine, Grief Group
This group is for students who have experienced the death of a loved one

Call 617-353-3569 to speak with the Group Coordinator

BU University Service Center
The place to call if you're not sure where to turn or who to speak with

bu.edu/usc
(617) 358-1818

BU Marsh Chapel
Pastoral counseling or support from chaplains of various religions and denominations

bu.edu/chapel
(617) 353-3560