

Bereavement and Loss Support

This bulletin focuses on support and resources that are available to help staff with feelings of loss and bereavement.

For general advice to help cope with bereavement, please visit:

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

This link <https://covid.minded.org.uk/end-of-life-and-bereavement/> has bitesize pieces of information for people working with Covid-19 patients and their relatives. It includes a section on how to talk to relatives about death of a loved one.

This link <https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx> focuses on building individual and team resilience in order to cope and process the challenging times.

This resource has some useful end of life guidance specifically for Covid-19 patients.

<https://www.skillsforcare.org.uk/Learning-development/ongoing-learning-and-development/end-of-life-care/End-of-life-care.aspx>

Cruse Bereavement Care has a dedicated page to discuss loss caused by Covid-19.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>. They also have resources available to print off and a telephone support service **0808 808 1677**.

The Housing LIN have produced a comprehensive bulletin that lists both practical tips and where to go for support and counselling.

https://www.housinglin.org.uk/_assets/Resources/Housing/Support_materials/Practice_briefings/HLIN_Briefing_COVID19-Bereavement.pdf

Oasis School of Human Relations has created an online cafe-style conversation on Talking about Death. There is also a blog available for people who do not want to join in with the conversations.

<https://navigatinguncertainty.oasishumanrelations.org.uk/blog/talking-about-death-and-dying>

Start a Conversation is a suicide prevention campaign that aims to build a community that is committed to the mental health and wellbeing of its residents. A non-judging environment where care and support is available to those in distress or those bereaved or affected by suicide. Through a raised awareness and open and honest conversations about suicide we believe that every person has the potential to make a difference and save a life.

<https://www.startaconversation.co.uk/about-us>