



Grief and bereavement during the COVID-19 pandemic

Supporting yourself
and others



 Public Health
Agency

COVID-19 bereavement resources

Note: many of the coronavirus restrictions have changed since these resources were originally published, but much of the information may still be relevant to those facing a bereavement.

These booklets provide advice for people who have experienced a bereavement during the COVID-19 pandemic period. The first booklet offers advice on dealing with grief and bereavement, and was produced by consultant clinical psychologists in conjunction with the HSC Bereavement Network. A small number of copies have been printed and supplied to the Trust bereavement coordinators, and the booklet can also be downloaded as PDFs below.

The second booklet deals with helping children to cope with the death of a loved one, and was prepared by Psychological Services at the Belfast Health and Social

Care Trust. It is only available as a PDF download.

Published

12 October 2020

Last reviewed

30 April 2025

Details

Format

A5, 16 pages, booklet

Target group

General public

Downloads

Attachment	Size
Covid-19 Grief and bereavement Support A5 Booklet LR 09_20.pdf	541.65 KB
Saying Goodbye workbook for children Final 04_20.pdf	2.8 MB

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