



## Death and grief during the COVID-19 pandemic

### Supporting each other following the death of a colleague

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### Coping with the death of a colleague in a new context

We are currently facing tragic loss of life, often under very challenging circumstances. We are adapting to a new way of living and are often surrounded by fear, anxiety and sickness. Coping with loss during this unprecedented time can be extremely difficult.

Grief at any time is difficult and painful, and even under normal circumstances the death of a colleague can be challenging and represent a significant loss. While you will experience all of the normal pain of loss and separation, deaths during the COVID-19 pandemic may present additional challenges to the grieving process. The death of a colleague may be related to COVID-19 itself or may occur for other reasons during the pandemic. However, the societal changes and restrictions on bereavement procedures will impact on each of us, our families and all of our normal support networks.

Some new challenges to grieving the death of a colleague may be related to the restrictions arising from social distancing, for example:

- You may be unable to attend their wake, funeral or memorial service in traditional ways.
- You may have limited physical contact with your family, friends and other colleagues who may have otherwise provided invaluable support. This may lead to further feelings of isolation and loneliness.
- You may be in living in isolation with others who cause tension and resentment.
- You have more 'thinking' time because of limited access to outside hobbies



# Death and grief during the COVID-19 pandemic: supporting each other following the death of a colleague

**Note: many of the coronavirus restrictions have changed since this resource was originally published, but much of the information may still be relevant to those facing a bereavement.**

This guide examines how the death of a colleague may affect staff during the COVID-19 pandemic and offers advice on how to support your own and colleagues' mental health at this difficult time.

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## Details

Format

8 pages, A4, PDF only

Target group

HSC and care home staff

## Downloads

Attachment	Size
<a href="#">Covid-19 Death of a colleague A4 04_20 final.pdf</a>	528.77 KB

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