

## IIMHL & IIDL Leadership Briefing XLV

### Support After Sudden Bereavement During the COVID-19 Pandemic

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#### Introduction

This resource provides information on bereavement services for the pandemic in three countries. Each country has its own set of support options including dedicated support options for diverse groups of people who may be particularly vulnerable.

These are useful guides for people in all countries.

#### England

##### **THRIVE LONDON: Support After Sudden Bereavement During the COVID-19 Pandemic**

November 2020

On behalf of Public Health England Office for London, Thrive LDN is coordinating the public mental health response to COVID-19 in London to support the mental health and resilience of Londoners.

Bereavement is one of the most challenging things that people can experience, affecting every one of us. In some traumatic circumstances, people might need additional and more specialised support to help to cope with a bereavement.

It looks at:

- How you might be feeling
- What might help
- What might not help
- The administrative and legal tasks that need to be done in the following weeks
- Support
- Helping others who have been bereaved

<https://bit.ly/393Q7fK>

## Canada

### **CAMH: Loss, Grief and Healing**

2020

As the COVID-19 pandemic continues to unfold, communities are looking to build the “next normal.” At the same time, people are individually and collectively dealing with tremendous loss and grief.

The experience of loss is one of the hardest things to face. It may involve losing a loved one or a friend, a job, a routine, a hobby, or anything else that has left our lives. One of the most distressing things about the pandemic is the amount of loss that many of us need to process, and it may be complicated by past trauma.

A range of information and resources to help people experiencing loss and grief are outlined in this CAMH document.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>

## Ireland

### **Public Health Agency: Grief and bereavement during the COVID-19 pandemic Supporting yourself and others**

2020

The pandemic may mean people finding themselves alone during this time, which can increase feelings of loneliness and abandonment.

Grief at any time is difficult and painful and whilst COVID-19 may present additional challenges to the process, you might also experience all of the normal pain of loss and separation.

This resource provides some examples of how people can support themselves.

<http://www.hscbereavementnetwork.hscni.net/wp-content/uploads/2020/04/Grief-and-bereavement-during-the-Covid-19-pandemic-supporting-yourself-and-others-2.pdf>