

Monday, 12 October 2020

[Health and Social Wellbeing Improvement](#)

Grief and bereavement during the COVID-19 pandemic

Supporting yourself
and others

 HSC Public Health
Agency



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.

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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- [coronavirus](#)
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- [covid-19](#)
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