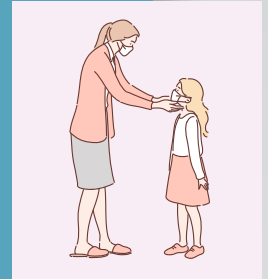


# Bereavement During Covid-19

## WHAT'S DIFFERENT ABOUT BEREAVEMENT DURING COVID-19

Death is such a difficult thing for any of us to face. For many, this experience has been exacerbated due to Covid-19. The pandemic has changed the traditional ways we mark our grief.

For the moment, it is not possible to come together and to gather in one location. It is not possible to have a large funeral. It may not be possible to receive the company of those who wish to offer condolences. However, we can support ourselves and each other in different ways.



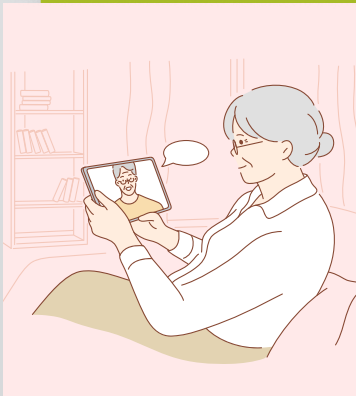
## 5 WAYS TO SUPPORT YOURSELF WHEN YOU ARE GRIEVING

- Try to allow yourself to feel and react in a way that is natural to you.
- Try not to become emotionally isolated. Keep conversations going with the people who are closest to you – whether by phone or text.
- Remember to eat and to keep hydrated. Grief is hard work.
- Keeping some routine can be helpful, regular mealtimes and sleep routine are an important part of this.
- Reach out, let people know what you need.



## 5 WAYS TO HELP OTHERS WHO ARE GRIEVING

- Find other ways of connecting with the person - write a note offering your condolences, sharing your memories of the person.
- Ask how they are doing and ask what might help
- Offer practical help, such as preparing meals or grocery shopping
- Letting family know that you visited the grave or were thinking of them in a message or a phone call.
- Reach out, make yourself available not just in the short term but in the weeks and months ahead.



For more information please contact:  
**The National Bereavement Support Line**  
 on 1800 807077



Coronavirus  
**COVID-19**  
 Public Health  
 Advice