

# Healthcare workers and grief



Healthcare workers care for others but looking after yourself, especially after losing someone close to you is the self care many forget.

Take your time. Grief is different for everyone, acknowledge your feelings and reach out to others if you need to.

You can also call the HSE Employee Assistance Programme (EAP) on **0818 327 327** to speak to someone who can help. This is a free and confidential service.

Visit [hse.ie/EAPandME](https://hse.ie/EAPandME) for support and visit [hse.ie/grief/healthcare](https://hse.ie/grief/healthcare) for further information on grief and bereavement.



[hse.ie/grief/healthcare](https://hse.ie/grief/healthcare)  
#CopingWithGrief

*From the HSE*

