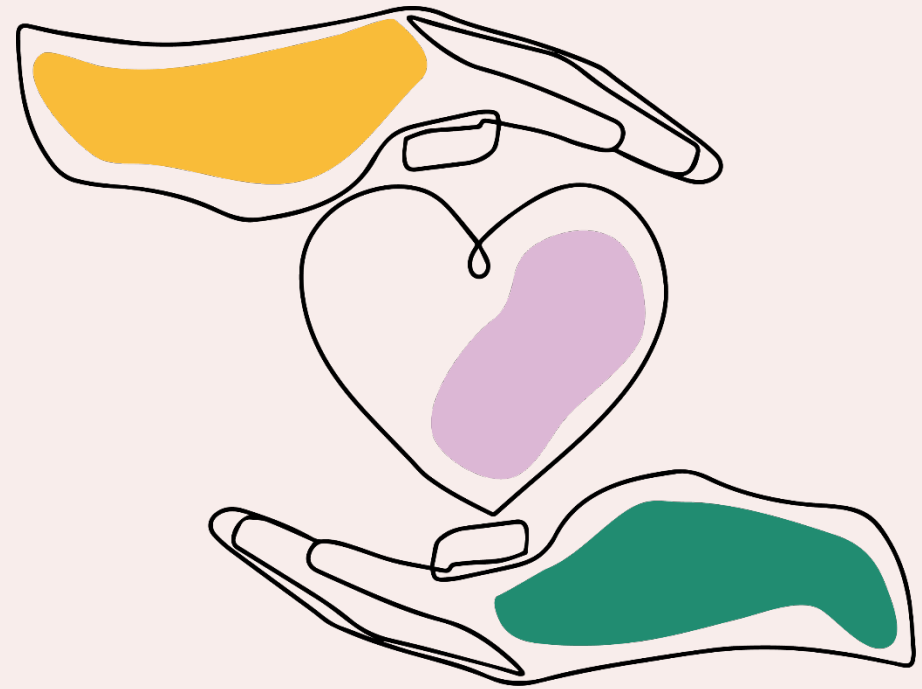


Healthcare workers and grief

hse.ie/grief/healthcare 



The global COVID-19 pandemic has had a major impact across the globe on our **experiences of death, dying and bereavement**.

Healthcare workers are an important consideration for bereavement supports as numerous facets of their work, such as exposure to deaths of patients and colleagues, can make them vulnerable to cumulative grief. Prolonged exposure to loss can lead to physical and psychological burnout. Research suggests that a supportive and understanding workplace environment can help bereaved colleagues.*

**HSE Health Library and Knowledge Service (2020) Rapid Evidence Review on supports for healthcare staff following death of a colleague from Covid-19; HSE NOSP (2021) Bereavement in the context of Covid – Rapid Scoping of Recent Evidence.*

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



Working with Irish Hospice Foundation and a range of partners, the HSE is promoting supports and services for healthcare workers who may be grieving, responding to loss or supporting those bereaved.

We have new dedicated content at www.hse.ie/grief/healthcare to increase knowledge about grief, bereavement and supports.

HSE staff can 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.

Anyone can call the IHF Bereavement Support Line on 1800 80 70 77 (Monday to Friday, from 10am to 1pm).

[hse.ie/grief/healthcare](http://www.hse.ie/grief/healthcare) 



Key message one

Coping with the death of a team member

Focusing on work is very difficult after the death of a work friend or team member and it takes time to re-adjust to the workplace without them.

Be there for each other and reach out to colleagues.

Visit www.hse.ie/grief/healthcare for further information and support.

HSE staff can 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. Anyone can call the IHF Bereavement Support Line on 1800 80 70 77 (Monday to Friday, from 10am to 1pm).



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Key message two

Supporting each other

Sharing your feelings with others can be one of the best ways to cope with bereavement, grief and loss as you may have gone through a shared experience.

Create a space to speak, support and acknowledge each other's feelings in the workplace.

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Key message three

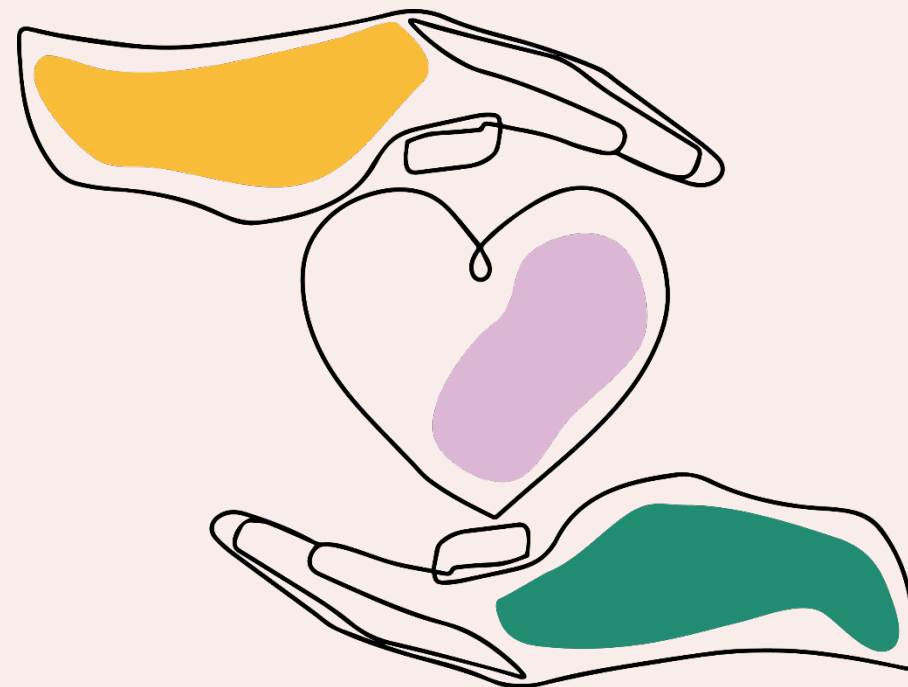
Personal bereavement

Healthcare workers care for others. 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 for support if you need to.

Visit www.hse.ie/grief/healthcare for further information and support.

HSE staff can 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. Anyone can call the IHF Bereavement Support Line on 1800 80 70 77 (Monday to Friday, from 10am to 1pm).



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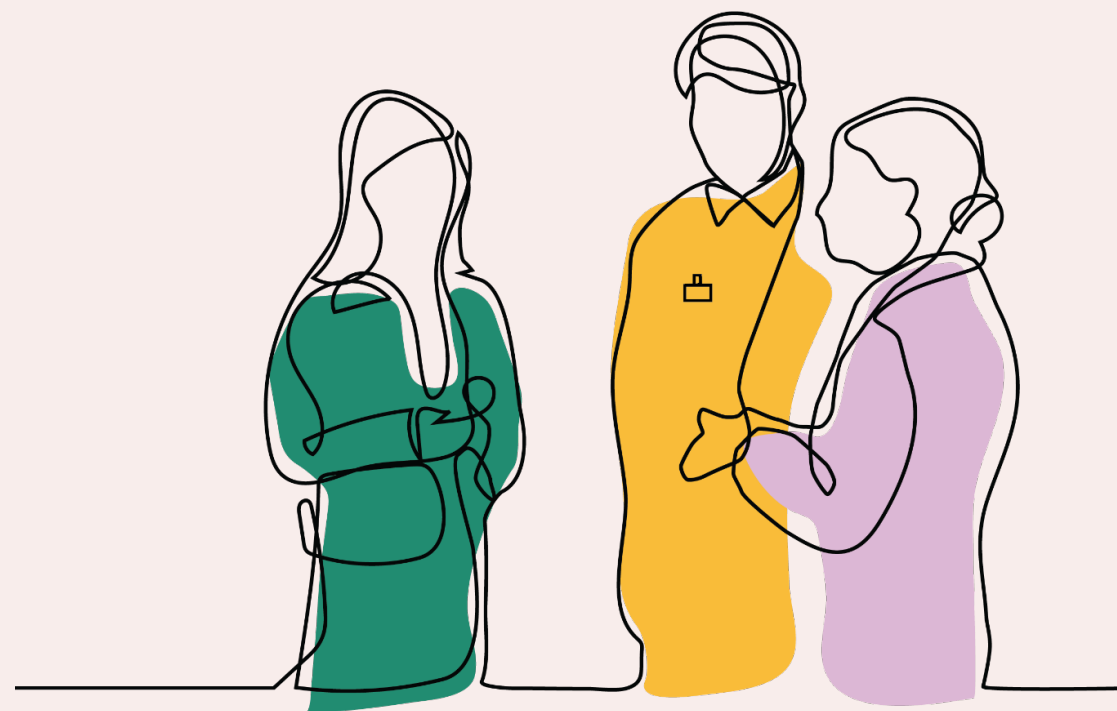
Key message four

COVID-19 and grief

COVID-19 took away end of life moments from patients and families, with healthcare workers sometimes becoming the only human connection during this time. Be gentle on yourself. The pandemic has meant that we may have experienced more loss. Recognise the potential impact as you might be grieving.

Visit www.hse.ie/grief/healthcare for further information and support.

HSE staff can 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. Anyone can call the IHF Bereavement Support Line on 1800 80 70 77 (Monday to Friday, from 10am to 1pm).



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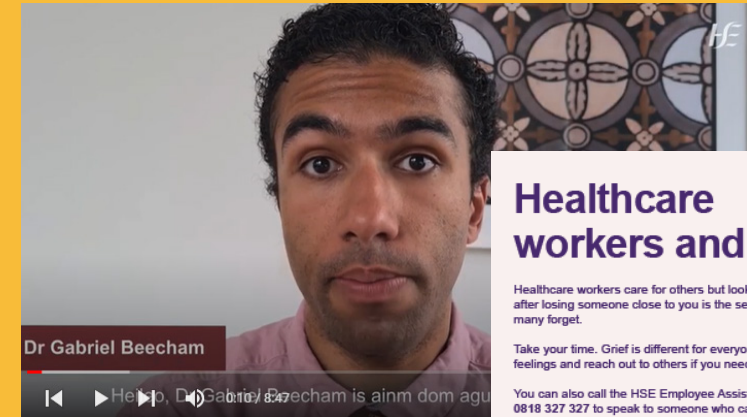


Share: Support information on grief



Healthcare workers and grief:

- Download a range of social media images [here](#)
- Download A4 posters [here](#)
- View a range of multilingual videos [here](#)
- View or order a range of leaflets on bereavement and grief in the 'Bereavement' section of www.healthpromotion.ie



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 for support and visit hse.ie/grief/healthcare for further information on grief and bereavement.

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#CopingWithGrief

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