

## Bereavement Supports for Families during COVID-19

We in the Social Work Department wish to extend our sincere sympathy to all families, friends and carers of our patients who have died in Beaumont hospital and in the community since the COVID-19 outbreak. The death of a loved one can be difficult at any time, but during the COVID-19 pandemic the ways in which we mourn our losses and support each other has changed dramatically. The information provided here is intended to inform you regarding bereavement supports currently available.

Grief at this time can be especially difficult due to the limitations on spending time with our loved ones before they have died. Usually funerals are a time when people come together to remember the person who has died and to support each other as they grieve, however due to social distancing guidelines, people cannot gather and mourn in the way they normally would. Grieving is a normal process and it is what we do in response to bereavement. Whether your loss was sudden or expected, life changes after a death and you may experience a range of physical and emotional feelings. Each person's experience of grief is entirely unique to them. There is no set time frame for grieving or set pattern of emotions that you should be feeling. Bereavement can affect every aspect of your life. It may also bring up other losses or difficulties that you thought you left behind.

### Beaumont Hospital Bereavement Services

#### **Bereavement Information Service**

The Social Work Department offers a range of bereavement services. In the course of your relatives illness here in Beaumont, you may have been in contact with one of the Social Workers. Therefore, if you have any concerns or questions regarding your bereavement, please feel free to contact them. You can also contact the Bereavement Coordinator who is part of the Social Work team and may be able to offer you or your family further help at this time. The Bereavement Coordinator can be contacted on 01-8093290.

#### **Chaplaincy Service**

The Chaplaincy service is available to anyone bereaved by a death in Beaumont Hospital, who would like to discuss spiritual and pastoral care issues. Phone: 01 8092815/3229.

### Community Services

Many of the community bereavement services are unable to operate as they normally would due to social distancing measures. However, the following are some available supports and resources available for you to access from home:

- The **Irish Hospice Foundation** has developed a 'Care and Inform Hub' which contains information on coping with loss and grief during the pandemic. This information can be easily accessed here: <https://hospicefoundation.ie/covid19careandinform/>
- The **HSE** provides information regarding grief and loss

<https://www2.hse.ie/wellbeing/mental-health/covid-19/bereavement-and-grief-during-the-coronavirus-pandemic.html>

- The **Irish Childhood Bereavement Network** has developed bereavement resources specifically to support children during COVID-19 in conjunction with the Irish Hospice Foundation <https://www.childhoodbereavement.ie/other-events-and-information/finding-ways-to-help-children-and-young-people-grieve/>
- **Anam Cara** supports bereaved parents and has developed a number of videos which can be accessed on their website. They also have a telephone information line 014045378 <https://anamcara.ie/>
- **Pieta House** offers suicide bereavement support Ph: 1800 247 247 or text HELP to 51444 [www.pieta.ie](http://www.pieta.ie)
- **Samaritans** 24-hour helpline to provide confidential emotional support for people who are experiencing feelings of distress or despair. Call Free 116 123 [www.samaritans.org](http://www.samaritans.org)