# Bereavement services and COVID-19: Resources

Since the 19 March 2020, the National Bereavement Alliance and Childhood Bereavement Network have been running weekly webinars for bereavement services managers and practitioners in the UK to help them respond to the coronavirus outbreak. Colleagues are welcome to register for these webinars (now fortnightly) here.

This document includes links to some of the materials and resources shared in the webinars, by speakers and by participants via the chatbox. We are not endorsing these materials, but sharing for the benefit of those working in the field at this very challenging time. This document was last updated on 30 June 2020.

## Contents (click to jump to section)

# 1. Caring, planning ahead, talking about end of life and breaking bad news

## Communications around end of life and dying – Dr Kathryn Mannix

Link: https://www.facebook.com/DrKathrynMannix/ and
https://twitter.com/drkathrynmannix

Description: Facebook and Twitter feed for Dr Kathryn Mannix, Palliative Care physician and author of *With the End in Mind*.

## Planning ahead: Peter's story – Guy's and St Thomas' NHS Foundation Trust

Link: https://youtu.be/dVspBW6I8RA

Description: A video guide around planning ahead and talking about dying.

## RealTalk Video-based communication training: engaging patients in end of life talk

Link: https://www.realtalktraining.co.uk/

Description: A flexible communication training resource designed to use in face-to-face training events. It features real-life video recordings of UK hospice care, and learning points based on cutting-edge communication science.

## Talking to relatives: a guide to compassionate phone communication during COVID-19.

Description: a resource developed by Dr Antonia Field-Smith and Dr Louise Robinson from the Palliative Care Team at West Middlesex Hospital. It provides a guide for communicating with relatives with compassion during the Covid-19 pandemic.

Link: https://www.pslhub.org/learn/coronavirus-covid19/tips/talking-to-relatives-a-guide-to-compassionate-phone-communication-during-covid-19-r2009/

## Compassion in Dying. Making Decisions about treatment: COVID-19

Link: https://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/

## Caring for your dying relative at home with COVID-19 – Hospice UK

Link: https://www.hospiceuk.org/what-we-offer/clinical-and-care-support/what-to-expect/caring-for-your-dying-relative-at-home-with-covid-19

Description: guidance produced to help support people who are caring for someone who is dying at home from COVID-19 infection.

## End-of-life Care Toolkits for Carers at Home

Link: https://helixcentre.com/project-end-of-life-toolkit

Description: information for family and friends caring for someone who is dying.

### COVID End of Life series – British Islamic Medical Association
Link: https://www.youtube.com/playlist?list=PL-ihH4ueeoV11MPrKvopTj1r_i-GddOsk

Description: Short videos outlining some of the common issues faced by families and patients towards the end of life, from an Islamic perspective. The videos also discusses dying at home, medications and coping with loss.

### VitalTalk
Link: https://www.vitaltalk.org/topics/covid-collaborative-resources/

Description: website with resources for communication skills around serious illness including COVID-19 specific materials (including graphics produced by Dr Nathan Gray, and resource on communication skills for bridging inequity).

# 2. Keeping in touch and supporting important conversations at the end of life

### NHS England. Clinical Guide for supporting compassionate visiting arrangements for those receiving care at the end of life, Published 13 May 2020
Link: https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0393-clinical-guide-for-supporting-compassionate-visiting-arrangements-13-may-2020.pdf

### Comfort Pebbles – Facebook group
Link: https://www.facebook.com/groups/642833409625446/

Description: A Facebook group dedicated to hand decorated 'comfort pebbles', which are designed to help separated people stay connected during the pandemic, particularly patients in hospital and their families at home.

### Keeping in Touch when you can't be with someone who is so ill that they might die – National Bereavement Alliance & Childhood Bereavement Network
Link: https://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/

Description: A guide for all ages around how to keep in touch with a seriously ill loved one and remain connected, whether or not there is a hope they will recover.

### What matters most – relationship & distance cards
Link: https://whatmattersmost.ie/

Description: Cards that can be used by people of any age to acknowledge, honour and celebrate special relationships in their life, and let those that matter most to them know how they feel.

### Little Box of Big Thoughts
Link: https://www.theprestonassociates.com/wp-content/uploads/2020/04/Little-Box-of-Big-Thoughts-Electronic-Form-Fill.pdf

Description: Fillable pdf with sentences that can be completed with messages to someone important.

# 3.Organising funerals and other rituals

### Current guidance on organising a funeral
Link: https://nafdcovid19.org.uk/

Description: Up to date advice on funeral arrangements for the public and for funeral directors

### 10 suggestions for planning a funeral during the COVID-19 pandemic – Care for the Family
Link: https://www.careforthefamily.org.uk/family-life/covid-19-support-for-your-family/bereavement-support/ten-suggestions-for-planning-a-funeral-during-the-covid-19-pandemic

Description: Article featuring suggestions to support the planning of a funeral during the pandemic.

### Down to Earth – Quaker Social Action
Link: https://quakersocialaction.org.uk/taking-social-action/our-practical-work/funeral-poverty/down-earth/how-does-down-earth-work

Description: A web page explaining the Down to Earth service, helping individuals and families on low incomes dealing with funerals and associated costs.

### How to arrange and video stream a funeral on Facebook during the COVID-19 pandemic – Tutorial
Link: https://learn.mywishes.co.uk/facebook-funeral/

Description: An online tutorial produced by James Norris at My Wishes, around how to live stream a funeral during the COVID-19 pandemic.

**Selman, L. and Burrell, A. (2020) The effect of funeral practices on bereaved friends and relatives' mental health and bereavement: implications for COVID-19**
Link: https://arc-w.nihr.ac.uk/research-and-implementation/covid-19-response/reports/the-effect-of-funeral-practices-on-bereaved-friends-and-relatives-mental-health-and-bereavement-implications-for-covid-19/

**Birrell, J. et al (2020) Cremation and Grief: Are ways of commemorating the dead related to adjustment over time? Omega – Journal of Death and Dying,**
Link: https://journals.sagepub.com/doi/10.1177/0030222820919253

Description: A research paper which investigates the positive associations between engaging in funeral activities, organising a funeral, and adjusting to bereavement.

# 4. New rituals and memorialising

### Stitch in Time – The Loss Project
Link: https://www.thelossproject.com/stitch-in-time

Description: The Loss Project is encouraging people to remember a person they know who has died during the COVID-19 pandemic period by stitching, sewing, drawing or painting their full name onto a square of fabric.

### Remember Me: online book of remembrance
Link: https://www.rememberme2020.uk/

Description: online book of remembrance for those who have died as a result of the COVID-19 outbreak in the UK

### Remember Me
Link: https://remembermeproject.wordpress.com/

Description: A project how British society approaches death and how memorialisation is changing, featuring blog posts around topics including organising personalised funerals.

# 5. Supporting self-care & care from family and friends

### Coronavirus: dealing with bereavement and grief – Cruse Bereavement Care
Link: https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief

Description: A series of resources to share how bereavement and grief may be affected by the COVID-19 pandemic, covering some of the different situations and emotions that bereaved people may experience during this time.

### Coronavirus Bereavement Advice – Good Grief Trust

Link: https://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice/

Description: A series of resources including some on practicing self-care following a bereavement.

### Coronavirus Pandemic Bereavement – AtALoss

Link: https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic

Description: information and advice for bereaved people and those supporting them

### Care and Inform – Irish Hospice Foundation

Link: https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/

Description: a suite of materials to inform, support and reassure people as we navigate these uncertain times and find new ways of dealing with death, dying and bereavement.

### COVID-19 – Sudden

Link: http://www.suddendeath.org/covid-19-bereavement

Description: information for those bereaved through COVID-19 and those caring for them

### Understanding bereavement – The Loss Foundation

Link: https://thelossfoundation.org/services/understanding-bereavement/

Description: Information about common reactions after a bereavement.

### Talking about grief during COVID-19 – a video with Lizzie Pickering and Jane Harris

Link: https://youtu.be/Sfjs6ne1J0E

Description: A Good Grief Project video around talking about grief during the COVID-19 pandemic.

### Coronavirus: what to say when someone is grieving – Cruse Bereavement Care

Link: https://www.cruse.org.uk/get-help/coronavirus/coronavirus-what-say-when-someone-grieving

Description: A guide to supporting friends and family who have been bereaved.

### End of life care during coronavirus – Marie Curie

Link: https://www.mariecurie.org.uk/help/support/coronavirus

Description: A web page with a series of guides to support those with family members who are approaching the end of life during the COVID-19 pandemic.

### How to help someone bereaved during the Coronavirus pandemic – At a Loss
Link: https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic

Description: A short video advising people how to support a grieving friend during the pandemic.

### How to support someone grieving when you can't be with them – What's Your Grief?
Link: https://whatsyourgrief.com/how-to-support-someone-grieving-when-you-cant-be-with-them/

Description: A COVID-19 specific guide around how to support someone close to you when you are unable to be with them in person or while socially distanced from them.

### Supporting a grieving friend or relative – Marie Curie
Link: https://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/supporting-a-grieving-family-member-or-friend

Description: A guide to supporting friends or relatives who have recently been bereaved.

### Supporting yourself and others - British Psychological Society
Link: https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Supporting%20yourself%20and%20others.pdf

Description: A guide to coping with death and grief during the COVID-19 pandemic

### Psychological First Aid – NHS Education for Scotland
Link: https://learn.nes.nhs.scot/28064/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/psychological-first-aid

Description: This guidance is written to support those helping others in distress during and after the COVID 19 Pandemic.

### The Compassion Project
Link: https://www.hachette.co.uk/titles/julian-abel/the-compassion-project/9781783253876/

Description: New book by Dr Julian Abel and Lindsay Clarke about the compassionate community of Frome, Somerset

# 6. Supporting bereaved children and young people – for parents and schools

### Coronavirus information: Child Bereavement UK
Link: https://www.childbereavementuk.org/pages/category/coronavirus

Description: Guidance, information and support for those caring for bereaved children

### Covid-19: supporting bereaved children and young people
Link: http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx

Description: Links to members' support pages on supporting children during the outbreak.

### Covid-19 support: Grief Encounter
Link: https://www.griefencounter.org.uk/serviceupdate/

### If you have been bereaved
Link: http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx

Description: downloadable cards for young people to use as prompts for support from family, friends, and school (appropriate for lockdown)

### Supporting children through coronavirus
Link: https://www.winstonswish.org/coronavirus/

Description: Information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak

### Look for the rainbow
Link: https://drive.google.com/file/d/1KkT4PnzqZwp-sp1iY3rdzSv0NUP-WAPz/view

Description: A visual story which could be used to help children say goodbye to a loved one or a close relative.

### Saying goodbye when someone special dies – Dr Susie Willis, Royal Belfast Hospital for Sick Children
Link to PDF: https://indd.adobe.com/view/eafec4d8-5699-4f34-8342-9c3de45c26af
Link to animation: https://www.youtube.com/watch?v=SnIYObmeAZE

Description: A booklet and animation to help children say goodbye to a loved one during COVID-19.

### Coronavirus: a book for children

Link: https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/

Description: Illustrated by the Gruffalo's Axel Scheffler, this digital book is designed to help primary school age children talk about the coronavirus. It answers key questions in simple language appropriate for 5-9 year olds and does include the possibility of death.

### Talking to children about death – Partnership for Children

Link: https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html#pack_4

Description: A web page with guidance and video resources on talking to children about death.

### Bereavement Awareness training for schools and Early Years settings – Child Bereavement UK

Link: https://www.childbereavementuk.org/bereavement-awareness-training-for-education-providers

Description: A series of free webinars providing an introduction to supporting bereaved pupils for those working within the education sector, from early years through to secondary settings.

### Coronavirus: supporting pupils – Child Bereavement UK

Link: https://www.childbereavementuk.org/coronavirus-supporting-pupils

Description: Information for education professionals supporting pupils during the coronavirus pandemic.

### Growing in Grief Awareness Audit Tool for schools – Childhood Bereavement Network

Link: http://www.childhoodbereavementnetwork.org.uk/campaigns/growing-in-grief-awareness.aspx

Description: An audit tool designed to support measuring schools' performance and readiness to support pupils with bereavement, including staff confidence.

### How to support bereaved children: a comprehensive guide – TES

Link: https://www.tes.com/news/how-support-bereaved-children-comprehensive-guide

Description: A comprehensive guide for schools supporting bereaved pupils during the COVID-19 pandemic, with suggested approaches for school staff as well as support offers such as peer support, drop-ins etc.

### 'It's OK for teachers to cry': how to handle bereavement in school' – The Guardian

Link: https://www.theguardian.com/education/2020/may/12/its-ok-for-teachers-to-cry-how-to-handle-bereavement-in-school

Description: Article about the role played by teachers in helping bereaved pupils at school, including discussions with heads of schools and existing practice

### Partnership for Children - Online training during COVID-19

Link: https://www.partnershipforchildren.org.uk/get-involved/run-the-programmes-in-your-school/skills-for-life-online-training.html

Description: Skills for Life online training programme made accessible to schools and teachers during the COVID-19 pandemic.

### Seasons for Growth Grief Education

Link: https://seasonsforgrowth.co.uk/

Description: online training for those wishing to train as Seasons Companions to run this accredited programme in schools

### Anna Freud Coronavirus support

Link: https://www.annafreud.org/coronavirus-support/

Description: A suite of resources to support different groups of people including young people, parents and carers, schools and colleges, early years settings and others.

### What happens at a funeral? – Rosedale Funeral Home

Link: https://www.rosedalefuneralhome.co.uk/what-happens-at-a-funeral/

Description: a film and associated training materials for explaining what happens at a funeral to children and young people. Includes options for showing what happens at a burial or at a cremation.

# 7. Supporting those with learning disabilities

### When someone dies from coronavirus: a guide for family and carers – Books Beyond Words

Link:
https://static1.squarespace.com/static/551cfff9e4b0f74d74cb307e/t/5e9578851288b77c2683f29a/1586854025277/When+someone+dies+from+coronavirus+V1.pdf

Description: A picture-based resource for families and carers of people with learning disabilities which explains how to talk to them about when a close relative or loved one dies from coronavirus.

# 8. Supporting employees

**Coronavirus – coping as an employer – Cruse Bereavement Care**
Link: https://www.cruse.org.uk/get-help/coronavirus-help/coronavirus-coping-employer

Description: Guidance for employers supporting grieving employees, and what to consider if a staff member dies.

**COVID-19 and leading through loss podcast – The Preston Associates**
Link: https://www.theprestonassociates.com/tpa-podcast-2-covid-19-and-leading-through-loss/

Description: Winston's Wish founder Julia Stokes OBE discusses how business leaders can help employees deal with loss.

**How you can help your employee after their child has died – Care for the Family and Bereaved Parent Support**
Link: https://www.careforthefamily.org.uk/wp-content/uploads/2014/08/Dos-and-Donts-for-Employers.pdf

Description: A series of suggested 'dos and don'ts' for employers supporting employees that have experienced the bereavement of a child.

**Time off for bereavement – ACAS**
Link: https://www.acas.org.uk/time-off-for-bereavement

Description: Guidance for employees for when a bereavement happens, particularly around leave, pay and the benefits of firms having a bereavement policy.

# 9. Signposting to support from other organisations

If you run a bereavement service, please keep your details up to date at the signposting websites below. These organisations also list details of COVID-19 specific support.

**AtALoss**
Link: https://www.ataloss.org/

Description: postcode search for local and national support services

**The Good Grief Trust**
Link: https://www.thegoodgrieftrust.org/

Description: map with bereavement services across the UK

# 10.    Providing 1:1 support

### ACTO guidance on security and privacy for therapists providing online therapy during the COVID-19 Crisis

Link: https://acto-org.uk/acto-guidance-on-security-and-privacy-for-therapists-providing-online-therapy-during-the-covid-19-crisis/

Description: Written guidance for therapists, service managers and other practitioners around security and privacy issues associated with providing remote support during the COVID-19 pandemic.

### Considerations for psychologists working with children and young people using online video platforms – British Psychological Society and Division of Clinical Psychology

Link: https://www.bps.org.uk/news-and-policy/new-guidance-launched-psychologists-using-online-video-work-young-people

Description: Guidance for psychologists which looks at the different needs of young people of varying ages, from young children through to teenagers, and how to meet their specific developmental requirements.

### Working online with children and young people: Guidance for members – BACP

Link: https://www.bacp.co.uk/news/news-from-bacp/coronavirus/working-online-with-cyp-faqs/

Description: A web page with guidance around moving to online support working with children and young people.

### Onlinevents

Link: https://www.onlinevents.co.uk/

Description: A series of online video resources, live webinars and support groups designed to help services move their support online

### Luppa, M. et al (2020). Effectiveness and Feasibility of Internet-Based and Mobile-Based Interventions for Individuals Experiencing Bereavement: A Systematic Review Protocol. BMJ Open, Vol. 10, No. 4

Link: https://pubmed.ncbi.nlm.nih.gov/32327480/

Description: A systematic review of existing literature around the effectiveness of internet and mobile-based interventions for self-management of both normal and complicated grief in bereaved adults.

### OXCaDAT Remote Delivery Guides for therapists during COVID-19

Link: https://oxcadatresources.com/covid-19-resources/

Description: A collection of resources for therapists delivering treatment remotely during COVID-19.

### Telephone Befriending Guidance – Befriending Networks

Link: https://www.befriending.co.uk/resources/24871-telephone-befriending-guidance

Description: This guidance provides suggestions to help services providing face-to-face befriending switch to telephone based befriending.

### Telephone and e-counselling competencies and curricula – BACP

Link: https://www.bacp.co.uk/events-and-resources/ethics-and-standards/competences-and-curricula/telephone-and-e-counselling/

Description: A framework for delivering effective counselling via the telephone or e-counselling.

### COVID-19 resources hub – Youth Access

Link: https://www.youthaccess.org.uk/covid-19-resource-hub/covid-19-resource-hub

Description: Information and resources for practitioners working in youth information, advice and counselling services.

# 11.     Returning to face-to-face working

### Coronavirus advice for employers and employees: Returning to the workplace, ACAS

Link: https://www.acas.org.uk/coronavirus/returning-to-the-workplace

Description: Some guidelines and advice around what should happen when organisations and their employees begin to return to the workplace.

### Protecting staff, volunteers and beneficiaries – NCVO

Link: https://knowhow.ncvo.org.uk/coronavirus/protecting-your-staff-volunteers-and-beneficiaries

Description: Information on protecting and supporting the people working in your charity or voluntary organisation, and those who use your services during the coronavirus outbreak.

### Coronavirus FAQs – BACP

Link: https://www.bacp.co.uk/news/news-from-bacp/coronavirus/faqs-about-coronavirus/

Description: Considerations for those considering a return to face to face working

**Reopening charities after COVID-19 – risk assessments for returning to work and reopening buildings – BHIB Charities Insurance**
Link: https://www.bhibcharities.co.uk/advice/reopening-charities-after-covid-19-risk-assessments-for-returning-to-work-and-reopening-buildings/

Description: checklists and risk assessments for returning to work and reopening charity premises

# 12. Developing appropriate services for specific groups

**An equitable response to the COVID-19 crisis – ACEVO**
Link to recording: https://www.youtube.com/watch?v=UsQjWARKcYQ

Link to summary: https://www.acevo.org.uk/wp-content/uploads/2020/04/equitable_response.pdf

Description: A summary of an online event hosted by ACEVO discussing what charities can do to ensure that equity is at the centre of decision making and service design when responding to COVID-19.

**BAMEStream**
Link: http://www.bamestream.org.uk/

Description: New Alliance of BAME mental health therapists and campaigners in response to COVID-19.

**Racial disparities in mental health: literature and evidence review – Race Equality Foundation**
Link: https://raceequalityfoundation.org.uk/wp-content/uploads/2020/03/mental-health-report-v5-2.pdf

Description: A literature and evidence review designed to improve knowledge and understanding of good practices around ensuring better mental health outcomes for black and minority ethnic (BAME) communities.

**Improving Access to Psychological Therapies: Black, Asian and Minority Ethnic Positive Practice Guide**
Link: https://www.babcp.com/Default.aspx

Description: audit tool and examples for improving appropriateness and accessibility of IAPT services.

### Homelessness and end of life care resource pack – St Mungo's

Link: https://www.mungos.org/app/uploads/2017/08/homelessness-and-end-of-life-care-resource-pack.pdf

Description: Practical information and tools to support the needs of homeless people who are approaching the end of life, and those who are bereaved

### Homelessness Palliative Care Toolkit

Link: https://www.homelesspalliativecare.com/

Description: A research informed toolkit which provides information and resources for frontline staff supporting people who are homeless and who have significant health needs.

### Marginalised in life and death? Homelessness and End of Life Care – Dying Matters Dudley

Link: https://www.dyingmattersdudley.co.uk/post/marginalised-in-life-and-death

Description: Article which explores key questions around homelessness and often poor end of life care outcomes.

### Death and grieving in a care home during the COVID-19 pandemic: a guide to supporting staff, residents and their families – Public Health Agency NI

Link: https://www.publichealth.hscni.net/publications/death-and-grieving-care-home-during-covid-19-pandemic-guide-supporting-staff-residents

Description: A guide from NI which provides advice on how care home staff can support residents and their families through the changes in care required by COVID-19, and in the event of deaths, and on how managers and staff can support each other.

## 13.    Funding opportunities

### Children in Need grant funding programme – closes 1 July

Link: https://www.bbcchildreninneed.co.uk/grants/

Description: Grant funding programme for small organisations, for up to £80,000 over an 18 month period. Eligibility detailed on the above link.

### Emergency funding for small organisations: 4 nations and regional

Link: https://charitybank.org/news/covid-19-emergency-funding-for-charities-and-social-sector-organisations

### Independent Age – closing dates in July and August

Link:  https://www.independentage.org/community/grants-fund

**Loneliness Covid-19 grant fund**

Link: https://www.gov.uk/government/publications/5-million-loneliness-covid-19-grant-fund

**National Lottery Community Fund Emergency COVID-19 funding for small and medium organisations in England**

** 'This category also includes those organisations supporting people and their families with end of life care.'**

Link: https://www.tnlcommunityfund.org.uk/funding/covid-19/learn-about-applying-for-emergency-funding-in-england

# 14.    Fundraising advice

**Information for fundraisers about coronavirus – Institute of Fundraising**
Link: https://www.institute-of-fundraising.org.uk/news/information-for-fundraisers-about-coronavirus/

Description: Guidance for fundraisers

# 15.    Using Social Media

**Getting started on social media – NCVO**
Link: https://knowhow.ncvo.org.uk/campaigns/communications/social-media

Description: A guide for organisations getting started with social media, and how to use it reach more people.

**A wellbeing guide for comms professionals – Charity Comms**
Link: https://www.charitycomms.org.uk/wellbeing-guide

Description: A guide to support the wellbeing of individuals whose roles include managing a charity social media account.

# 16.    Self-care for those working in bereavement services

**Leading through COVID-19: supporting health and care leaders in unprecedented times – The Kings Fund**
Link: https://www.kingsfund.org.uk/projects/leading-through-covid-19

Description: A series of online practical guides and video resources designed to support health and care leaders across the NHS, social care, public health and VCS sectors.

### Self Compassion in the Workplace: Dr. Amanda Super
Link: https://attendee.gotowebinar.com/register/9174321029757821697

Description: A webinar designed to encourage greater self-compassion in the workplace.

### Taking trauma related work home: advice for reducing the likelihood of secondary trauma – British Psychological Society
Link: https://www.bps.org.uk/coronavirus-resources/professional/taking-trauma-home

Description: This guidance document recommends a step by step approach for organisations whose employees are at risk of vicarious trauma while working from home during the Covid-19 Pandemic.

### Under pressure: the Diary of a Therapist – April 2020
Link: https://members.tortoisemedia.com/2020/04/27/diary-of-a-therapist-under-pressure/content.html

Description: Article from the perspective of a counsellor reflecting on how the pandemic has influenced and shaped their work with clients, and on their own wellbeing.

# 17.    Research studies underway

### Experiences of end of life care
Link: https://livpsych.eu.qualtrics.com/jfe/form/SV_6yXOqN3qFN6sioJ

Description: this study at the Universities of Sheffield and Liverpool aims to gather information from bereaved relatives and healthcare professionals regarding end of life care provided to those who have recently died. The person who died may or may not have been infected with COVID-19.

### Improving palliative care for people affected by the COVID-19 pandemic – a CovPall Study
Link: https://www.kcl.ac.uk/cicelysaunders/research/evaluating/covpall-study

Description: A new Kings College London-based research project that is trying to understand more about how palliative care services and hospices are responding to the COVID-19 pandemic, the problems that services and patients and families/those affected by COVID-19 are facing, and how to best respond.

### Mental Health and COVID-19 – UCL study
Link: https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/loneliness-and-social-isolation-26

Description: A new research study exploring the lived experiences of loneliness and isolation with people with mental health problems during the COVID-19 pandemic in the UK

**Patients Association survey**

Link: https://www.surveymonkey.co.uk/r/BLMCLPZ

Description: The Patients Association wants to find out how patients, people with long term conditions and others are experiencing their treatment and care during the COVID-19 global pandemic. This includes a section for those bereaved on their experience of care before and after the death

**What elements of a systems approach to bereavement are most effective at the time of sudden events causing rapid deaths at population levels? Lessons for COVID-19**

Link: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020180723

Description: This study protocol describes a study that aims to identify evidence for a systems approach (a structured, replicated interventions across a group or population) to bereavement at a time of mass deaths (which could usefully relate to the current context of COVID-19).

# 18.   Selection of other relevant peer reviewed journal articles

**Bear, L et al. (2020) 'A Good Death' during the COVID-19 pandemic in the UK: a report of key findings and recommendations,**

Link: http://eprints.lse.ac.uk/104143/

Description: An LSE anthropologist-led study around 'what a good death' looks like for people across all faiths and for vulnerable groups, examining five key stages in death from pre-admission through to the funeral ceremony and bereavement. Recommendations for what consultation processes, policies, and communications strategies could be used to support communities during each phase.

**Breen, L. J. (2020) Grief, loss and the coronavirus pandemic. Aust J Gen Pract 2020; 49 Suppl 20. doi: 10.31128.**

Link: https://pubmed.ncbi.nlm.nih.gov/32416647/

**Eisma, M et al (2020). Prolonged grief disorder following the COVID-19 pandemic. Psychiatry Research, Vol. 288**

Link: https://www.sciencedirect.com/science/article/pii/S0165178120309847

Description: A research paper which predicts a rise in Prolonged grief disorder (PGD) cases following the COVID-19 pandemic, with recommendations such as making evidence-based PGD interventions more accessible.

**Gesi, C., Carmassi, C., Cerveri, G., Carpita, B., Cremone, I. M., & Dell'Osso, L. (2020). Complicated Grief: What to Expect After the Coronavirus Pandemic. Frontiers in Psychiatry, 11, 489.**
Link: https://www.frontiersin.org/articles/10.3389/fpsyt.2020.00489/full

The aim of this paper is to review the most prominent literature on complicated grief after natural disasters, as well as after diseases requiring ICU treatment.

**Gunnell, D et al. (2020) Suicide risk and prevention during the COVID-19 pandemic, The Lancet, Vol. 7, No. 6, pp. 468-471**
Link: https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30171-1/fulltext

Description: A research paper that investigates the evidence behind suicide risk and prevention during the COVID-19 pandemic.

**Kokou-Kpolou, C. K., Fernández-Alcántara, M., & Cénat, J. M. (2020). Prolonged grief related to COVID-19 deaths: Do we have to fear a steep rise in traumatic and disenfranchised griefs?. *Psychological trauma : theory, research, practice and policy*, 10.1037/tra0000798. Advance online publication.**
Link: https://doi.org/10.1037/tra0000798

Description: This commentary article analyses factors erelated to bereavement in the context of the COVID-19 pandemic, proposes avenues for meaning-making practices to facilitate individual and collective mourning process; and invites clinicians to pay attention to the traumatic characteristics of COVID-19-related deaths adopting a holistic approach of PGD clinical manifestations.

**Lichtenthal W, Roberts K, Prigerson H (2020) Bereavement Care in the Wake of Covid-19: Offering Condolences and Referrals *Annals of Internal Medicine***
Link: https://www.acpjournals.org/doi/10.7326/M20-2526

Description: This opinion article offers words to say and guidance on when to make referrals to offset the risks that the pandemic has posed to family members' mental health

**Mayland, C. R., Harding, A., Preston, N., & Payne, S. (2020). Supporting Adults Bereaved Through COVID-19: A Rapid Review of the Impact of Previous Pandemics on Grief and Bereavement. *Journal of pain and symptom management*, S0885-3924(20)30388-2.**
Link: https://doi.org/10.1016/j.jpainsymman.2020.05.012

Description: This study aimed to review and synthesize learning from previous literature focused on the impact on grief and bereavement during other infectious disease outbreaks.

**Raker, E. J., Zacher, M., & Lowe, S. R. (2020). Lessons from Hurricane Katrina for predicting the indirect health consequences of the COVID-19 pandemic. Proceedings of the National Academy of Sciences.**
Link: https://www.pnas.org/content/117/23/12595

Description: this prospective study of young low income mothers who survived Hurricane Katrina, found that bereavement, fearing for loved ones' well-being, and lacking access to medical care and medications predicted adverse mental and physical health a year after the disaster, with some effects persisting 12 y later.

**Selman, Lucy et al. (2020) Bereavement Support on the Front-line of COVID-19: Recommendations for Hospital Clinicians, Journal of Pain and Symptom Management**

Link: https://www.jpsmjournal.com/article/S0885-3924(20)30244-X/abstract
Description: this paper reviews relevant research evidence and provide evidence-based recommendations and resources for hospital clinicians to mitigate poor bereavement outcomes and support staff.

**Smith, K.; Wild, J.; Ehlers, A. (2020) The masking of mourning: social disconnection after bereavement and its role in psychological distress, Clinical Psychological Science, Vol. 8, No. 3, pp. 464-476**
Link: https://journals.sagepub.com/doi/full/10.1177/2167702620902748

Description: A research paper around the role of social disconnection, and the association between higher levels of social disconnection with higher psychological stress in the first six months after a bereavement.

**Wallace, C. L., Wladkowski, S. P., Gibson, A., & White, P. (2020). Grief during the COVID-19 pandemic: considerations for palliative care providers. Journal of Pain and Symptom Management.**
Link: https://www.jpsmjournal.com/article/S0885-3924(20)30207-4/fulltext

Description: this paper describes the relationship of the COVID-19 pandemic to anticipatory grief, disenfranchised grief and complicated grief, and makes recommendations.

**Zhai, Y., & Du, X. (2020). Loss and grief amidst COVID-19: A path to adaptation and resilience. Brain, behavior, and immunity, S0889-1591(20)30632-2. Advance online publication.**
Link: https://doi.org/10.1016/j.bbi.2020.04.053

Description: Failure to address the pressing needs of those experiencing loss and grief may result in poor mental and physical health. Recognizing the uniqueness of each individual and their loss and grief will provide opportunities to develop tailored strategies that facilitate functional adaptation to loss and promote mental health and wellbeing in this crisis.