Grief and Bereavement
A guide for students and staff in response to Covid - 19

Bereavement is when we feel a sense of loss because someone we are close to dies. This is a difficult and distressing situation to be in, but sadly at some point in our lives we will experience this. Feeling a sense of grief is a natural way to cope with loss and change. The impact that this can have on us varies depending on who we are, our backgrounds and previous experiences. It effects our emotions and wellbeing.

This guide is aimed at providing you with the support and information you will need to help you through this difficult time.

Supporting people who are grieving
Supporting others who are grieving has its challenges. It could be a friend, colleague or neighbour. People who provide this support to others will also be able to find their own guidance and support within this document.

Covid -19 and bereavement
The impact of Coronavirus is felt by everyone, but more so by those people who have lost someone they know and love. This is such a difficult situation. We, at Teesside University, understand this impact and want to do everything possible to support our staff and students. We understand that the earlier the support is put in place, the better the outcome for those who are suffering. The process will begin with grief and sadness but will, over time, become more a remembrance and gratefulness for the time spent together. Losing a loved one through Covid-19 will undoubtedly be a sudden occurrence and will be unexpected. There has been or will be:

- Little time to prepare
- No time to spend with them because of infection risks
- An inability to say goodbye
- Separation issues between family members who live apart
- Difficulties with issues concerning the deceased’s responsibilities
- Issues with shock and coping with the situation, especially if others close to you have Covid-19.
This guide will support you through this situation by signposting you to University support and outside organisations. This is all free and accessible.

**Online advice and support (external to the University)**


**Mind** - [https://www.mind.org.uk/information-support/coronavirus/](https://www.mind.org.uk/information-support/coronavirus/)


**Dying Matters** - [https://www.dyingmatters.org/](https://www.dyingmatters.org/)

**Child Bereavement UK** - [https://www.childbereavementuk.org/get-support](https://www.childbereavementuk.org/get-support)

This is a webpage, but there is also an app. It is aimed at 11-25 year olds and provides advice for those who are supporting others grieving.

**The Good Grief Trust** - [https://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice/](https://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice/)

**At a Loss** - [https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic](https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic)

**National Association of Funeral Directors** - [https://nafdcovid19.org.uk/](https://nafdcovid19.org.uk/)

**Muslim Youth Helpline** - [https://www.myh.org.uk/](https://www.myh.org.uk/)

**Muslim Council of Britain** - [https://mcb.org.uk/](https://mcb.org.uk/)

**Jewish Bereavement Counselling Service** - [https://jbcs.org.uk/](https://jbcs.org.uk/)

**The Compassionate Friends** - [https://www.tcf.org.uk/](https://www.tcf.org.uk/)
Mobile Apps

It is important to be aware that mobile apps may be helpful but are not a substitute for seeking professional or medical advice. If you are concerned about any symptoms you are experiencing you must seek advice from your GP.

- Child Bereavement UK offers an app for 11-25-year-olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents, and professionals who would like to know how to support bereaved young people.

- CAMHS Resources Apps - https://www.camhs-resources.co.uk/apps

This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being. If you click on the image it will open the app site in a new window. Some of these do need a paid subscription to use them while others have been made freely available during the Covid-19 situation.

University support and advice

We have options available for you to find the help and support you need during this difficult time.

Counselling Service – can be contacted via email (studentlife@tees.ac.uk)
This is a service for students who will receive specialist support from our experienced counsellors. (https://www.tees.ac.uk/sections/studentsupport/student_health_counselling.cfm)

Faith and Reflection Service – can be contacted via email (studentlife@tees.ac.uk).
The Co-ordinating Faith Adviser is Emma Davisworth. She has a team of 16 Associate Faith Advisers who belong to a variety of faith backgrounds. Support is available for staff and students no matter whether you have faith or not. Emma can put you in contact with our Faith Advisers. (https://www.tees.ac.uk/sections/stud/faith.cfm)
Student Health Services – can be contacted via email (studentlife@tees.ac.uk)
The Wellbeing Co-ordinator is Hazel Wright. This is a service for students who may need some support with health and wellbeing related issues. See https://www.tees.ac.uk/sections/stud/health.cfm

For staff – Occupational Health – If your work is being affected or work is affecting your mental health at this time, then consider asking your line manager for a referral to Occupational Health (OH), to see if any additional support can be offered from the University. For more information about OH referral https://unity3.tees.ac.uk/departments/HR/Pages/Team/Occupational-Health.aspx#3

- Recovery College – a free service for University staff who need support in dealing with mental health/bereavement issues. (https://lms.recoverycollegeonline.co.uk/course/view.php?id=373)

- Alliance Workplace Counselling Service – provide Teesside University staff with a professional and free service which supports those who are experiencing grief and bereavement. Details can be found here: https://www.tees.ac.uk/sections/staff/alliance.cfm

- In addition, with the current pandemic situation, Alliance is offering free support or an opportunity to offload in an empathic, non-judgemental space. They can be contacted by phone on 08001075880. Text support is also available by sending a message to 07860064171 and call-backs can be arranged via text as well.

University dedicated webpages
Teesside University has published a webpage with information and advice surrounding Covid 19. The health and wellbeing of our staff and students is a priority. https://www.tees.ac.uk/sections/about/university/coronavirus.cfm

Here you will find advice, guidance and answers to FAQ’s.
For additional support - https://www.tees.ac.uk/sections/about/university/teamteesside.cfm

We have a University webpage for support for staff during this time. https://unity3.tees.ac.uk/departments/HR/Pages/Updates/Coronavirus-Protect-your-mental-health.aspx

We are here as a University community to help you and those you are supporting through this difficult period.