

GET BEREAVEMENT SUPPORT

FACTS AND FIGURES

Sadness or depression
Shock, denial or disbelief
Anger or hostility
Relief
Mixed feelings

Numbness and denial
Panic and confusion
Feeling overwhelmed



28%
of death certificates in Barnet mention COVID-19 (April 2020/21)

Up to 9

people are affected by bereavement per COVID-19 death



7% of bereaved go on to develop "complicated grief"



200



people accessed COVID-19 bereavement service (2020/21)

HELP AND ADVICE

- Most people experience grief when they lose someone important to them. It affects everyone differently. There's no right or wrong way to feel.
- The coronavirus pandemic has made things particularly hard for those who are grieving.
- Sudden bereavement can bring about feelings of shock, disbelief, and difficulty accepting the loss of a loved one.
- In the context of the coronavirus pandemic, these emotions may be further intensified by the uncertainty of changing regulations and being isolated from friends and family at a time when you need their support most.
- Many people find it helpful to reach out and talk to someone about their feelings, other may wish to deal with the loss in private.
- Some people may need additional and more specialised support to help to cope with a bereavement.

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BARNET
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LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
COVID-19 Bereavement support and counselling	<ul style="list-style-type: none"> ▪ Online ▪ Phone 	<p>Public Health in partnership with Mind in Barnet have developed the COVID-19 Bereavement Support and Counselling Service to ensure dedicated support to those who are bereaved due to COVID-19 or have lost a loved one during the pandemic.</p> <p>There is no waiting list or charge for the service.</p> <p>The service is for adults 18 years and over who live, work or study in Barnet.</p>	<p>Email: bereavement@mindeb.org.uk</p> <p>Phone: 020 8446 3676</p> <p>Website: https://www.mindeb.org.uk/</p>
Barnet Bereavement Service	<ul style="list-style-type: none"> ▪ Face –to-face ▪ Online ▪ Phone 	<p>This organisation offers skilled counselling support to people who have been bereaved.</p> <p>Counselling is offered one hour per week either in the person's home or at the office. There is no charge for the service.</p>	<p>Email: barnetbereavement@tiscali.co.uk</p> <p>Phone: 020 3759 4347</p>
Grief Encounter	<ul style="list-style-type: none"> ▪ Online ▪ Phone 	<p>A service which provides information, guidance and support to bereaved children and their carers following a bereavement.</p>	<p>Email: contact@griefencounter.org.uk</p> <p>Phone: 020 83718455</p> <p>Website: www.griefencounter.org.uk</p> <p>Helpline: 0808 802 0111</p>
Barnet mental health and wellbeing services	<ul style="list-style-type: none"> ▪ Online 	<p>Barnet Council has a dedicated webpage listing a range of mental health and wellbeing services and support available both locally and online.</p>	<p>Website: www.barnet.gov.uk/mental-health-and-wellbeing</p>

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