

## Resources for Professionals Providing Grief and Bereavement Services During and Following the COVID-19 Pandemic

Grief and loss have quickly emerged as important areas for consideration during the pandemic. Grief and bereavement support and care is a core component of palliative care that will be essential to patients and families who have been directly impacted by the losses related to COVID-19. The need for a range of grief and bereavement supports and services during and following the pandemic is likely to reach unprecedented levels. Many health and social care professionals will be seeking out resources that highlight models or current approaches to this work, or forums that will help them to connect with colleagues who are also working to meet this demand. These individuals may also benefit from access to information, support and other services that help to address the stress and distress they may be experiencing.

This document collates a number of helpful grief and bereavement resources focused on health care professionals. It is divided into two sections:

1. Resources to support providers who are involved in providing grief and bereavement support and services to families.\*
2. Resources to support health care professionals/formal care providers with their own coping and well-being

While this list is not exhaustive, it is hoped that it will offer a starting point for accessing readily available resources and practice supports.

### **1. RESOURCES FOR PROVIDERS OFFERING GRIEF AND BEREAVEMENT SUPPORT/SERVICES**

#### **Hospice Palliative Care Ontario and Canadian Hospice Palliative Care Association**

**Webinars**     [Complicated Grief and Trauma – Skills Building Education](#) (10-Part Series, fee required)

#### **Worldwide Hospice Palliative Care Alliance – Global Palliative Care Series Webinars**

**Webinar**     Suffering Alone and Grief & Bereavement. Recording and slides available at:  
<http://www.thewhpc.org/covid-19/webinars>

#### **Canadian Association of Social Workers (CASW)**

**Webinar**     [Key Principles of Psychosocial Practice in Death, Dying, and Bereavement](#)

#### **Association of Death Education and Counseling (ADEC)**

**Webinar**     [ADEC in Conversation: Coronavirus 2019 \(COVID-19\)](#) - A series of Panel Discussions and Interviews from ADEC Members and Leaders in the Field.

#### **Hospice Palliative Nursing Association (American organization)**

**Webinar**     [Episode 10, Special Edition: Moral Distress and Complicated Grief During COVID-19](#)

#### **Association for Clinical Pastoral Education (ACPE)**

**Webinar**     [Palliative Spiritual Care & COVID-19](#) (recording) for spiritual care providers

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\* The resources are intended to help professionals identify learning opportunities of interest. It is not intended as an endorsement of the program or organization by OPCN or Ontario Health.

## Resources for Professionals Providing Grief and Bereavement Services During and Following the COVID-19 Pandemic

### Chaplaincy Innovation Lab

**Webinar** [Distance Funerals, Complicated Grief: Gathering to grieve during COVID19](#) – A panel of experts from a variety of disciplines and backgrounds discuss what funerals and grief might look like during the pandemic and beyond. Includes links to referenced resources.

**Faculty of Community Medicine, University of Toronto** – Working with Families Institute  
**Self-Study Modules** [Grief and Loss: A Resource for Family Physicians](#) for PDF document

### Hospice Foundation of America

**Webinar** [How to Develop and Manage Virtual Grief Support Groups](#)

### Social Work Hospice and Palliative Care Network

**Collated Resources** Resources specific to social work professionals during the COVID-19 crisis  
<https://www.swhpn.org/covid-19>

### The Center for Complicated Grief

**Collated Resources** Resources to help clinicians and the general public learn how to recognize complicated grief. Includes webinars, handouts, and other resources focused on COVID-19.  
<https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/>

**Handout** [Managing Bereavement around the Coronavirus \(COVID-19\)](#)  
Handout for families with helpful resources and information

## 2. RESOURCES TO SUPPORT PROVIDERS WITH THEIR OWN COPING AND WELL-BEING

### Hospice Palliative Care Ontario

**Support Service Line** A free, confidential support line for front line health care workers in Ontario to help cope with stress and build resilience during the COVID-19 pandemic. It is available 7 days a week, 7am-10pm, by calling 1-866-485-4204.

**Webinars** [Psychosocial and Spiritual Support During COVID-19](#) - Online Sessions on Emotional, Spiritual & Compassionate Care

**Series** [Stay Well Series](#)- Daily reflections to help guide and comfort health care providers during the COVID 19 Pandemic. Some of these reflections include helpful tools and resources to address complicated grief and trauma.

### Pallium Canada

**Webinar** [The Psychological Impact of COVID on Health Care Professionals](#) (recording)

**Webinar** [Role of Grief and Bereavement in the Care of Health Care Providers and their Families during COVID-19](#) (archived)

### Canadian Psychological Association

**Fact Sheet** [Emotional and Psychological Challenges Faced by Frontline Health Care Providers During the COVID-19 Pandemic](#)

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### Canadian Virtual Hospice

**Webinar** Grief and COVID-19 for healthcare providers: Staying connected in a time of loss and uncertainty. Recordings available at:  
[https://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Support/Support/Theme+Video+Gallery.aspx](https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/Theme+Video+Gallery.aspx)

### Center to Advance Palliative Care

**Resources** [Emotional PPE](#) Resources for improving team health and tools to help clinicians cope with moral distress, grief, and trauma.

**Webinar** [Master Clinician Series: “How Am I Supposed to Feel About This?” Addressing Moral Distress Caused by COVID-19](#)

**Webinar** [Staying Resilient as the COVID-19 Pandemic Continues](#)

### Center for Addiction and Mental Health (CAMH)

**Resources** [Mental Health and COVID-19 Resources for Health Care Workers](#)

### Assembly of First Nations (AFN)

**Fact Sheet** [Mental Wellness and COVID-19 Tips and Considerations](#)

### First Nations Health Authority

**Fact Sheet** [Staying Connected during the Pandemic](#)

### Ontario COVID-19 Mental Health Network

**Counselling** Pro bono mental health services for healthcare workers who have been impacted by COVID-19 <https://covid19therapists.com/>

### Registered Nurses’ Association of Ontario (RNAO), in Partnership with AdvantAge Ontario

**Compiled** [Resources for Psychosocial Support during the COVID-19 Pandemic](#)

**Resources** A list of recommended resources compiled to help maintain the safety of the health-care workers and their families during this crisis.

### American Nurses Association (ANA)

**Online courses** [ANA’s COVID-19 Self-Care Package for Nurses](#)

A package of free self-care courses to help nurses during and after this crisis

### Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI)

**Compiled** [Resources for the Health and Well-Being of Team Members](#)

**Resources** New and existing supports for long-term care leaders and team members

### Employee Assistance Programs (EAPs)

Support services may be available through your employer.

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### Additional References

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**Bereavement in the Time of Coronavirus: Unprecedented Challenges Demand Novel Interventions.**

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