

### Target audience

All health and social care staff

### Date & Time

**Thurs 26 Feb 2026**

**13:00-15:00**

### Registration

For further details & to register please visit:

<https://shorturl.at/QG1YM>



Registration deadline:  
19 Feb 2026

If you have any queries  
please contact:  
[events@nes.scot.nhs.uk](mailto:events@nes.scot.nhs.uk)



All health and social care staff are likely to come into contact with someone who is bereaved, or a situation around the time of a person's death. This includes those working in non-clinical, administrative and other support roles, as well as staff in teams which are directly patient or client-facing.

Knowing how to manage these situations is important – so we can support and help other people, whilst also looking after our own wellbeing. But thinking of what to say to someone who is bereaved, whether that be a family member, patient, person who we are supporting, or perhaps a colleague may feel daunting.

This session will provide an introduction to grief and bereavement. It may help attendees feel more confident in answering questions e.g.:

- What should I say to someone who tells me they have recently been bereaved?
- Are there particular words I should or shouldn't use?
- What if I say the 'wrong' thing?
- Is it normal to be upset if someone we know from work dies?