

Experiencing the death of a colleague in health or social care: Supporting yourself and those around you

Strong relationships often form within health and social care teams. The death of a staff member may have a significant effect on their immediate colleagues, however, ripples of grief can also be seen across other teams and the wider organisation. A person's death can have a far-reaching impact.



An animated film has been produced which explores topics such as communicating the news of a colleague's death, ways we might react, supporting ourselves and one another, and creating opportunities to share memories. You will find it at <https://vimeo.com/833671191>. After watching the film, you may wish to consider the following reflective questions, either individually or as part of a small group.

What thoughts did the animation prompt in you?

What did you notice about how the death of the colleague impacted on the characters in the animation?

Have you been reminded of any existing support systems in your workplace that could support staff who are bereaved? How could you help your team and colleagues to access these?

If there was a situation like this that could impact on all members of your team, how could you support each other?

Could there be any barriers that your workplace might encounter in enabling each other to recover and restore following the death of a team member?

More resources and information can be found on the page titled 'Dealing with bereavement in the workplace' on www.sad.scot.nhs.uk/bereavement.

These resources were not designed to be used immediately following a person's death. Instead, people may wish to use the materials to stimulate discussion and consideration of how they might approach the situation of a colleague's death, should this ever sadly arise.

We encourage you to seek support if you have been affected by the death of a colleague or the content of these educational resources.



www.sad.scot.nhs.uk



@NES_Bereavement



SupportAroundDeath@nes.scot.nhs.uk



This resource was developed by the NHS Education for Scotland Bereavement Education Programme and designed by the NES Design Service.

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