



An Online Conversation for Grief Awareness Week

A free webinar from IP Inclusive

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What causes grief?

The death of a loved one

Miscarriage

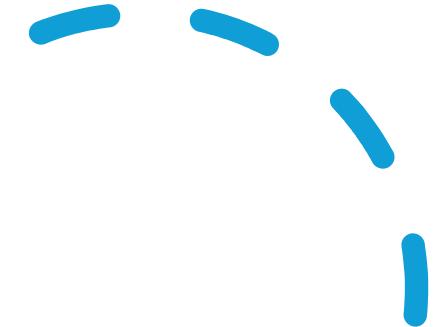
Divorce or the end of
another close relationship

The death of a pet

Chronic illness

An impending loss
(anticipatory grief)

The loss of a job even if
you chose to leave
or if you are retiring



Breakout rooms



Resources

- The Good Grief Trust - <https://www.thegoodgrieftrust.org>
- Cruse - <https://www.cruse.org.uk>
- Child Bereavement UK - <https://www.childbereavementuk.org>
- Child Death Helpline - <https://www.childdeathhelpline.org.uk>
- Sands helpline - <https://www.sands.org.uk/support-you/how-we-offer-support/helpline>
- Survivors of Bereavement by Suicide - <https://uksobs.com>
- Samaritans - <https://www.samaritans.org>
- LawCare - <https://lawcare.org.uk/>



Resources

- Books:
 - Sad Book by Michael Rosen
 - You Are Not Alone: A New Way to Grieve by Cariad Lloyd (she also had a podcast: “griefcast”)
 - The Madness of Grief: A Memoir of Love and Loss by Reverend Richard Coles
- TV programmes and films:
 - Good Grief with Daniel Levy (Netflix)
 - After Life with Ricky Gervais (Netflix)
 - Joey Essex: Grief and me (BBC)
- Apps
 - Grief Works by Julia Samuel



Advice for employers

- There is no “right” way to grieve, so treat bereavement on a case-by-case basis, e.g. some people may want to take time off straight away whilst others may welcome the distraction of work
- Offer phased returns and/or increased flexibility
- Provide support, e.g. checking in with employees or access to counselling via an employee assistance programme (EAP)
- Provide paid time off work

Thank you