

Coronavirus COVID-19

Travellers and Bereavement

It will be hard for Travellers to lose loved ones to COVID 19 (Coronavirus) and it may feel very sudden and traumatic. You may feel numb, shocked, angry or upset.

If you are going through this now, this will be an extremely hard time for you and we send our sympathies to you.



FUNERAL AND BURIAL

- Only ten people can attend a funeral or burial
- Don't go to a funeral or burial if you are self-isolating, cocooning or are sick
- Stay well away from other people (at least six feet)
- Don't be shaking hands or hugging people



GRIEVING

- You may not have been able to see your loved one before they passed away. Try to focus on all your memories with them
- Watch the funeral on your phone
- You may feel shame or embarrassment about not being able to go to the funeral but you can plan a memorial service in the future
- Remember that by not going to the funeral you are protecting yourself and others
- Mark the person's passing in a way that is meaningful to you – pray at your local grotto or at home, light a candle beside a photo of them or send a mass card



MIND YOURSELF

- It may take you some time to understand and accept your loss
- Give yourself time, show your feelings and remember it is okay to cry and be sad
- Eat healthy food and drink water. Avoid alcohol or drugs
- If you are worried about yourself and your mental health talk to your GP about how you are doing
- You can also contact the services on this leaflet for support
- Get help if you need it



STAY CONNECTED

- Contact others through phone calls, texts, emails or Facebook and WhatsApp
- You can grieve and talk about the person you have lost
- Ask for help that you need
- Listen to someone who has lost a family member or friend and give them as much time as you can



LOOK AFTER CHILDREN AND YOUNG PEOPLE

- Keep an eye on children in your family. Remember they may be feeling the same way as you are feeling.
- Answer their questions honestly and give them time.




Coronavirus COVID-19

Travellers and Bereavement

BEREAVEMENT

Parish of the Travelling People

Provides support and spiritual guidance to the Traveller Community


 087 257 3857

Exchange House – National Traveller Mental Health Service

 01 8721094

 www.exchangehouse.ie

Traveller Counselling Service

 086 308 1476

 travcounselling@hotmail.com

www.yourmentalhealth.ie

Call (Freephone) YourMentalHealth Information line to find supports and services

 18001188 (24 hours)

Irish Government COVID 19 (Coronavirus) Guide for the Bereaved

The Irish Government has developed a guide for those who are bereaved during COVID 19 which is available to download here:

 www.gov.ie/en/publication

