

Loss and bereavement — signs staff need extra help:



1 Prolonged sadness or depression



6 A sharp drop in work performance



2 A reduced interest in daily activities
Withdrawal from friends and close colleagues.



7 Neglecting themselves physically and emotionally



3 Sleep issues



8 Refusal to believe that their person has died



4 Loss of appetite



9 Talking repeatedly about wanting to join their person who died



5 An ongoing fear of being alone

Self-harm or suicidal thoughts and feelings may mean they may need urgent assessment by NHS Mental Health Services.