

## Accepting Loss, Grieving & Coping During COVID-19

Grief, change, loss and the fullness of life can be highly challenging during “normal” times. The often complex and sometimes unfamiliar thoughts and feelings brought about by grief and life may be magnified when your personal experience joins with concerns about the COVID-19 global pandemic.

### You are not alone.

The Family Services Department (comprised of Bereavement Counselors, Chaplains and Social Workers) at Capital Caring Health is here to listen to your experiences of grief, loss and uncertainty. Our aim is to be present with you to assist as you find ways to hope and cope amid uncertainty.



### No one else shares your unique grief experience.

Your life and your story are one of a kind. Yet, we are all linked through the human experience. Research shows that increased focus on how life was, how life is now, and how life may be in the future are normal during times of great personal and collective change – and still these experiences can feel unsettling.

We want you to know that our Family Services Team is here to help support you during this difficult time. **Please call 800-869-2136 during normal business hours in order to speak with a support staff.**

### Resources:

1. Stay Connected, Strong & Creative: <https://www.opentohope.com/stay-connected-strong-and-creative/>
2. (Kids) Talking to Kids About Corona Virus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
3. (Kids) When Your World Is Already Upside-Down – Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis: [https://www.dougy.org/docs/Grief\\_during\\_COVID-19.pdf](https://www.dougy.org/docs/Grief_during_COVID-19.pdf)
4. Strategies for Thriving During the Covid-19 Pandemic: <https://elunanetwork.org/resources/eluna-resource-strategies-for-thriving-during-the-covid-19-pandemic/>