

## **NHS Greater Glasgow and Clyde Mental Health Improvement Team**

### **Dealing with Loss and Grief: during COVID-19**

As we work through the disruption and impact of the current COVID-19, it has left us to deal with a tsunami of emotions from anger, anxiety, fear and denial, emotions often associated with grief. We grieve when we lose someone or something that is important to us and of value, this can be bereavement, job loss, relationship breakdown, opportunities, freedom and social connections. Grief is a natural response and affects people in different ways. Remember there is no right or wrong way to grieve. The way grief affects us depends on a range of factors including what kind of loss has been suffered beliefs, religion, age, relationships and our physical and mental health. The lockdown in place has restricted our movements and our freedom to connect with our social supports in the ways that we might normally. This can be even more challenging when you are grieving as more often than not many of us cope with the help of family, friends and our wider social connections such as religious and spiritual gatherings, clubs and other activities. Keeping routine and structure can help us through the grief process, however this is difficult to maintain whilst in the midst of a pandemic. Therefore we need to look at alternative and creative ways of accessing our supports such as online and telephone contact.

A final note, think of grief using the imagery of the four seasons to illustrate that grief is cyclic, there is no end point and whilst some days will feel cold, dark and wintry, remember spring and summer will always emerge. Below are some links and telephone supports information available to help during the current crisis.

### **Pregnant and New Parents**

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**Maternal Mental Health Scotland:** links to useful guidance for pregnancy and birth during COVID 19.  
[www.maternalmentalhealthscotland.org.uk](http://www.maternalmentalhealthscotland.org.uk)

### **Children and Young people**

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**Childhood Bereavement UK:** has produced a short film, supporting bereaved children during difficult times.  
<https://www.childbereavementuk.org/coronavirus-supporting-children>

**Young Scot:** provides a wealth of information to help support young people during COVID 19.  
<https://young.scot/campaigns/national/coronavirus>

### **Adults**

**Heads Up:** has information about some common mental health conditions, and includes advice and tips on ways on how people can cope with living with the condition. <http://headsups.scot/>

**Cruse:** information on dealing with bereavement and grief during COVID 19  
<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

**Beyond Words:** when someone dies from corona virus: [a guide for families](https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus) and carers.  
<https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus>

### **Useful telephone supports**

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**NHS Living Life:** 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed

**Samaritans:** 116 123. A free and confidential support to anyone, any age.

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