

What you may be experiencing

Grief is an emotion that can come with loss. You may have lost a loved one during the COVID-19 pandemic. You may be feeling the loss of the life you once had.

People who are grieving may experience complex emotions like feelings of helplessness or hopelessness, anger or sadness, numbness or confusion. You may notice changes in your appetite, mood, energy level, or sleep patterns.

What you can do

1. Get comfort and lean on others during this challenging time.
 - ▶ Talk with friends, family, or people you trust.
 - ▶ Seek out [online grief counseling groups](#).
 - ▶ Seek support from your faith community.
2. Create a routine. Following a routine can help you maintain a sense of order and purpose and help you focus on things you can control. Try to keep a regular sleep schedule and maintain a healthy diet.
3. Consider ways to honor your loved ones. Take small steps to remember and celebrate their life, keeping with your faith or cultural traditions. You could:
 - ▶ Participate in a socially distant celebration of life ceremony or one that can be conducted online.
 - ▶ Make a photo album of memories or take part in another tradition that feels right for you.
 - ▶ Create an online dedication page that honors your loved one's life.
4. Get help from a professional if your grief becomes overwhelming or feels unmanageable.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ **[Disaster Distress Helpline](#)**
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ **[National Suicide Prevention Lifeline](#)**
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Domestic Violence

- ▶ **[National Domestic Violence Hotline](#)**
800-799-7233 or TTY 800-787-3224 (para español presione #2)

Assault

- ▶ **[National Sexual Assault Hotline](#)**
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Child abuse

- ▶ **[National Child Abuse Hotline](#)**
1-800-4AChild (1-800-422-4453)
(para español presiona el 1)
Text 1-800-422-4453

Veteran Support

- ▶ **[Veteran's Crisis Line](#)**
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ **[Red Cross Virtual Family Assistance Center](#)**
833-492-0094 (para español presione #)

Elder care

- ▶ **[The Eldercare Locator](#)**
800-677-1116
(para español presiona el 2)
[TTY Instructions](#)

Substance Use

- ▶ **[Substance Abuse and Mental Health Services Administration National Helpline](#)**
800-662-4357 or TTY 800-487-4889 (para Español presione #2)

LGBTQ+ Support

- ▶ **[Trans Lifeline](#)**
877-565-8860 (para español presione #2)
- ▶ **[The Trevor Project's TrevorLifeline](#)**
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ **[UnitedWay's 211](#)**
2-1-1
- ▶ **Feeding America**
Find Your Local Food Bank
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)