COVID-19 Grief & Loss – March 2022

RESOURCES

PANDEMIC-RELATED STRESS RESOURCES:

- APA Stress in America:
- Household Pulse Survey:
  https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm

SEEKING PROFESSIONAL ASSISTANCE:

- Psychology Today: Find a Therapist
  https://www.psychologytoday.com/us/therapists
- National Suicide Prevention Lifeline: 1-800-273-8255
  https://suicidepreventionlifeline.org/

THE CENTER FOR PROLONGED GRIEF

- For the Public:
  https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/
- Resources & Handouts for the Public:
  https://complicatedgrief.columbia.edu/for-the-public/resources-2/
For Professionals:
https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/

- Webinars for Professionals:
  https://complicatedgrief.columbia.edu/professionals/training/webinars/
- Dr. Shear: *Understanding Grief & Loss in the Time of Coronavirus* (2020)

**ADDITIONAL GRIEF RESOURCES:**

- Centers for Disease Control & Prevention (CDC):
- The Dougy Center for Grieving Children & Families:
  https://www.dougy.org/
- Sesame Street in Communities:
  https://sesamestreetincommunities.org/topics/grief/
- Speaking Grief:
  https://speakinggrief.org/
- Brene Brown’s Unlocking Us Podcast “*Grief and Finding Meaning*”

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