

Coronavirus: Grief and trauma

If someone dies of coronavirus, it may be very difficult to deal with:

- You may not have been able to spend time with your loved one who is dying. You might not have been able to say goodbye in person.
- The illness may become serious very quickly, and you may feel very shocked.
- If you were not with your loved one when they died, it may be difficult to feel the death is real.
- You may feel very strong emotions. You may have upsetting thoughts or see upsetting images.

Tips for how to help yourself and others

- Look after yourself and try and rest.
- Share your feelings with someone you trust (on the telephone).
- Check your friends or family are OK. Let them talk about their feelings and the person who has died (on the telephone).
- Contact the Cruse Freephone National Helpline (0808 808 1677).
- Contact your GP if after some time you are still very upset by thoughts and images. (But there may be a delay because doctors are very busy dealing with the coronavirus pandemic).