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).