Supporting youth grieving a death by COVID

elunanetwork.org/resources
COVID Grief

Supporting youth grieving a death by COVID

Pointers:
- Reassure youth that it isn't their fault & they are not alone
- Create safe spaces where COVID loss can be fully embraced without minimizing comments or theories about the cause of death. “We often have strong feelings when someone dies, and we welcome ALL feelings here without judgment. We fully support you and the loss of your _____ to COVID.”
- Hold space for quiet moments and activities that bring joy
- Consider Camp Erin Family Camps for COVID Loss
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:
- Empty reassurances, such as "All things happen for a reason" or "It's going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all COVID grief is the same - let youth share personal experiences
- Questions that produce judgment, especially related to mask wearing, vaccines, preexisting conditions or the origin of the virus

For more COVID GRIEF resources scan here:

![QR Code]