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POSTCARD POINTERS
Supporting youth
grieving a death by COVID



COVID Grief

Supporting youth
grieving a death by COVID

For more
COVID GRIEF
resources
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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