

## Online Resources for Those Who Are Grieving the Loss of a Loved One During the COVID-19 Pandemic

- **Association for Mental Health and Wellness (<http://mhaw.org/>) / Mental Health Association of Nassau County, Inc. (<https://mhanc.org>)**
  - MHAW: Their mission is “to drive evidence-based practices, information, education, and resources to the residents of Suffolk County, [New York].”
  - MHANC: “We are a not-for-profit membership organization dedicated to improving mental health in our community through advocacy, education, program development and the delivery of direct services.” It is based in Nassau County, New York.
  - COVID-19 Resources: Together, these organizations are offering “online bereavement support groups designed to provide comfort, support, and ‘grief tools’ to those who have lost loved ones to the COVID-19 virus” at <https://mhanc.org/education-and-training/covid19c/>
- **Calm Waters Center for Children and Families (<https://www.calmwaters.org>)**
  - Calm Waters’ mission is “to help children and families in their grief journey caused by death, divorce or other significant loss.”
  - COVID-19 Resources: At the present time, they are offering a weekly support group via Zoom for “adults experiencing depression, anxiety and grief due to COVID-19.” (<https://www.calmwaters.org/covid-19-grief-support-group/>)

- **Calvary Hospital ([www.calvaryhospital.org](http://www.calvaryhospital.org))**
  - “Calvary Hospital is an American non-profit institution specializing in hospice and palliative care.” They are headquartered in the Bronx, New York.
  - COVID-19 Resources: Offering online support group “geared towards adults who have suffered the death of a loved one due to COVID-19” at <https://www.calvaryhospital.org/calvary-hospital-to-start-new-bereavement-support-group-for-covid-19-related-loss/>
  
- **The Center for Complicated Grief (<https://complicatedgrief.columbia.edu>)**
  - “The Center for Complicated Grief is dedicated to improving the lives of people suffering from complicated grief by helping clinicians and the general public learn how to recognize complicated grief.”
  - COVID-19 Resources: Features webinars, podcasts, and handouts related to COVID-19 including an interview with Dr. M. Katherine Shear entitled “Understanding Grief During the Coronavirus Pandemic”; “Loss and Grief During the Coronavirus Pandemic”; “COVID-19 and Complicated Grief”; and “Managing Bereavement around the Coronavirus (COVID-19)” (<https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/>)
  
- **The Center for Loss and Life Transition (<https://www.centerforloss.com>)**
  - “The Center for Loss and Life Transition is dedicated to ‘companioning’ grieving people as they mourn significant transitions and losses that transform their lives.”
  - COVID-19 Resources: Articles written by Alan D. Wolfelt, Ph.D. regarding loss from COVID-19 such as “Grieving a Coronavirus Death: Help for Special Circumstances” and “The COVID-19 Mourner’s Bill of Rights” at <https://www.centerforloss.com/category/articles/covid-19/>
  
- **Center for the Study of Traumatic Stress ([www.cstsonline.org](http://www.cstsonline.org))**
  - Their purpose is “advancing psychological health and resilience through trauma research, education and consultation.” They have resources in Spanish, French, Italian, and Japanese.
  - COVID-19 Resources: Has an article entitled “When a Loved One Dies from COVID-19” which includes a discussion on initial grief reactions, collective grief, and grief adaptation at [https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_When\\_a\\_Loved\\_One\\_Dies\\_from\\_COVID19.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_When_a_Loved_One_Dies_from_COVID19.pdf)
  
- **The Collective Psychology Project (<https://www.collectivepsychology.org/>)**
  - “The Collective Psychology Project is a collaborative inquiry into how psychology and politics can be brought together in new, creative ways that help us to become a Larger Us instead of a Them-and-Us.”
  - COVID-19 Resources: E-book entitled “This Too Shall Pass: Mourning collective loss in the time of COVID-19” at <https://www.collectivepsychology.org/wp-content/uploads/2020/04/This-Too-Shall-Pass.pdf>
  
- **The Conversation Project (<https://theconversationproject.org/>)**
  - “The Conversation Project is an initiative of the Institute for Healthcare Improvement, a not-for-profit organization that is a leader in health and health care improvement worldwide.”
  - COVID-19 Resources: Two-part blogpost entitled “Ritual and Grief in the Time of COVID-19”, including some suggestions for those who are grieving at <https://theconversationproject.org/tcp-blog/ritual-and-grief-in-the-time-of-covid-19/>

- **The Dougy Center (<https://www.dougy.org>)**
  - “The mission of The Dougy Center is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences.”
  - Website features an extensive list of grief resources (including tip sheets in English, Spanish, Japanese, and French), webinars, blogs, interviews, and a podcast (Grief Out Loud)
  - COVID-19 Resources: Articles on how to help grieving children and teens such as “When Your World is Already Upside Down: Supporting Grieving Children and Teens During COVID-19” at <https://www.dougy.org/news-events/supporting-grieving-children-and-teens-during-the-covid-19-health-crisis/>
  
- **Eventbrite (<https://www.eventbrite.com>)**
  - “Eventbrite is a global self-service ticketing platform for live experiences that allows anyone to create, share, find and attend events that fuel their passions and enrich their lives.”
  - COVID-19 Resources: Offers online seminars (for free and for a fee); to find events, use search terms pertaining to those grieving during the COVID-19 pandemic (such as “COVID-19 grief”). An example of a recent seminar is “Taking Time and Being Still with Grief.”
  
- **Finding Our Way: Together While Apart (<https://findingourway.prolongedgrief.com/>)**
  - “We want to document the losses you are experiencing and understand how the circumstances have shaped your bereavement and affected your ability to cope. With the information we collect we hope to help others bereaved by the pandemic.”
  - COVID-19 Resources: Website offers a “Grief Intensity Scale” and “Bereavement Challenges Inventory” to help people gain a better understanding of their feelings and the challenges that lie ahead as well as a list of grief resources
  
- **Funeral Service Foundation (<https://www.funeralservicefoundation.org/>)**
  - They support funeral homes “in building meaningful relationships with the families and the communities [they] serve.”
  - COVID-19 Resources: Offers booklet entitled, “Grieving Alone & Together: Responding to the loss of your loved one during the COVID-19 pandemic” at <https://www.funeralservicefoundation.org/grief-book-page/>
  
- **Good Grief ([www.good-grief.org](http://www.good-grief.org))**
  - “Good Grief provides direct support to grieving children and youth, educates communities, and advocates on behalf of the bereaved.”
  - COVID-19 Resources: Offers downloadable resources such as “Funerals in the Time of a Pandemic: A Toolkit for Children & Families”, webinars, and a “podcast series providing Good Grief’s perspective on the importance of memorializing family and friends in this time of COVID-19, social distancing, and limited group gatherings” at <https://good-grief.org/covid-19/>

- **GRIEF.COM (<https://grief.com>)**
  - “Helping others heal from grief is our mission. We serve family, friends and professionals with videos, books, workshops and speaking engagements.” Site features works by David Kessler, such as [Finding Meaning: The Sixth Stage of Grief](#).
  - COVID-19 Resources: Mr. Kessler hosts a daily online grief support group on Facebook for adults at <https://www.facebook.com/groups/DavidKessler> entitled “Grief: Releasing Pain, Remembering Love and Finding Meaning”.
  
- **Grieving.com (<https://forums.grieving.com>)**
  - “Grieving.com is a community of grieving people supporting other grieving people.”
  - Offers many forums focused on different types of losses, caregiving, and non-death losses
  - COVID-19 Forum: Online discussion site where the general public can post comments to communicate with each other at <https://forums.grieving.com/index.php?/forum/94-covid-19/>
  
- **Hospice & Community Care (<https://www.hospiceandcommunitycare.org/>)**
  - “Hospice & Community Care provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness.”
  - Website contain general grief resources including an online video library; recommended reading; articles for caregivers, adults, and children/teens; and a list of suggested websites
  - COVID-19 Resources: Articles prepared by the Pathways Center for Loss and Grief providing guidance to families who suffered a loss during COVID-19, such as “Coping with a Coronavirus Death”, “Support After a Coronavirus Death: Suggestions for Parents and Family Members” and “Helping Children Cope with a Coronavirus Death” at <https://www.hospiceandcommunitycare.org/grief-and-loss/grief-links/>
  
- **Legacy (<https://www.legacy.com>)**
  - This website has a “Living with Grief” page that features “information and advice to help you cope with the death of someone important to you.” (<https://www.legacy.com/tag/grieving/>)
  - Legacy.com moderates many support groups on Facebook, listed here: <https://www.legacy.com/advice/find-comfort-in-legacy-grief-support-groups/>
  - COVID-19 Resources: Articles providing guidance to families on such topics “Funerals During the COVID-19 Coronavirus Epidemic: How to Plan” and “How to Serve as Estate Executor During a Pandemic” at <https://www.legacy.com/tag/covid-19-updates/>
  
- **Modern Loss (<https://modernloss.com>)**
  - “Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome. This project grew out of two friends’ separate experiences with sudden loss, and their struggle to find resources that weren’t too clinical, overtly religious, patronizing or, frankly, cheesy.”
  - COVID-19 Resources: Has articles entitled “Young Widowhood in the Time of Corona” (<https://modernloss.com/young-widowhood-in-the-time-of-corona/>) and “The Grief Cliché of the COVID Era” (<https://modernloss.com/the-grief-cliche-of-the-covid-era/>)

- **National Alliance for Grieving Children (<https://childrengrieve.org>)**
  - “The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them.”
  - COVID-19 Resources: Webinars introduce topics for grieving families such as “Children & Funerals in a Global Pandemic” and “Defining Your Family Grief Values: Finding True North in a Chaotic World” at <https://childrengrieve.org/education/online-learning>. (Look for those designated by the “COVID Response Series” descriptor.)
  
- **National Alliance on Mental Illness (<https://www.nami.org/Home>)**
  - “NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.”
  - COVID-19 Resources: “COVID-19 Resource and Information Guide” at <https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Guide.pdf> contains links to resources including such topics as general information on COVID-19, managing stress and anxiety, and finding connections for those feeling isolated; it offers advice on finding support after losing a loved one during the COVID-19 outbreak, such as contacting the local NAMI affiliate.
  
- **Open to Hope Foundation (<https://www.opentohope.com>)**
  - “Open to Hope is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”
  - COVID-19 Resources: Has articles/podcasts such as “End of Life Issues During COVID-19” (<https://www.opentohope.com/end-of-life-issues-during-covid-19/>) and “Marion Donon: The Loss Of A Grandparent To Covid-19” (<https://www.opentohope.com/marion-donon-the-loss-of-a-grandparent-to-covid-19/>). Also features an article for those who have lost a loved one recently but not due to COVID-19 at “Honoring Death Unrelated To COVID-19” (<https://www.opentohope.com/honoring-death-unrelated-to-covid-19/>).
  
- **PyschCentral (<http://psychcentral.com>)**
  - “Psych Central is the Internet’s largest and oldest independent mental health online resource. Since 1995, our award-winning website has been run by mental health professionals offering reliable, trusted information and over 250 support groups to individuals struggling with a problem in their lives.”
  - COVID-19 Resources: Has relevant blogposts such as “What a Pandemic Does to Grief” (<https://psychcentral.com/blog/what-a-pandemic-does-to-grief/>) and “Grief & Loss in the Time of Coronavirus” (<https://psychcentral.com/blog/grief-loss-in-the-time-of-coronavirus/>)

- **Psychology Today (<http://psychologytoday.com/us>)**
  - This is a companion website to the *Psychology Today* magazine and features articles as well as a searchable directory of therapists, psychiatrics, and treatment facilities.
  - COVID-19 Resources: Has articles entitled “Grief in the Midst of COVID-19” (<https://www.psychologytoday.com/us/blog/good-mourning/202004/grief-in-the-midst-covid-19>); Death, Life, and Angst in the Age of COVID-19 (<https://www.psychologytoday.com/us/blog/culturally-speaking/202004/death-life-and-angst-in-the-age-covid-19>); and “As Grief Redefines Work, How You Lead Matters” (<https://www.psychologytoday.com/us/blog/mental-health-in-the-workplace/202004/grief-redefines-work-how-you-lead-matters>)
  
- **Reimagine (<https://letsreimagine.org>)**
  - “Reimagine End of Life is a community-wide exploration of death and celebration of life through creativity and conversation. Drawing on the arts, spirituality, healthcare, and design, we spark experiences and festivals that break down taboos and bring diverse communities together in wonder, preparation, and remembrance.
  - COVID-19 Resources: Look at the schedule of events in the “Reimagine: Life, Loss & Love” festival at <https://letsreimagine.org/> for upcoming zoom meetings (for free and for a fee) or click on resources and then search for relevant topics such as “COVID-19 grief” for recent articles. An example of a recent seminar is “Magnified and Sanctified: A Virtual Kaddish Experience.”
  
- **Remembering A Life (<https://www.rememberingalife.com/>)**
  - The National Funeral Directors Association is “the world’s leading and largest funeral service association, serving 19,700 individual members who represent more than 10,000 funeral homes in the United States and 49 countries around the world.”
  - COVID-19 Resources: Offers articles such as “When a Loved One Dies During the Coronavirus Pandemic” and videos such as “Grieving During the Pandemic Discussion with Becky Lomaka” at <https://www.rememberingalife.com/covid-19/>
  
- **Shiva.com (<https://www.shiva.com/>)**
  - “After experiencing the loss in our lives, we needed help and guidance to better understand the end of life and shiva process. There wasn’t any. So we created it.”
  - COVID-19 Resources: Includes guides such as “How the Coronavirus is Affecting Funerals and Shiva”, “Grief and Mourning During the COVID-19 Pandemic”, and “Post COVID-19 Planning a Jewish Funeral: ‘New Normal’” at <https://www.shiva.com/covid-19-coronavirus/>
  
- **Soaring Spirits International (<https://soaringspirits.org>)**
  - “Soaring Spirits’ mission is to provide programs, resources and a community of support for widowed people.”
  - COVID-19 Resources: Includes guides such as “Grievers’ Tips for Self-Care Through COVID-19” (<https://soaringspirits.org/wp-content/uploads/2020/04/SSI-COVID-19-Tips.pdf>); also offers group meetings for those widowed during/by COVID-19 via Zoom and a Widowed Pen Pal program at <https://soaringspirits.org/programs/virtual-covid-19-widowed-support/>

- **Sudden (<http://suddendeath.org>)**
  - “Sudden is a charitable initiative for suddenly bereaved people and the people caring for them.” It is based in the United Kingdom.
  - COVID-19 Resources: Has articles for those impacted by COVID-19 entitled “COVID-19 Bereavement: Advice for You” (<http://suddendeath.org/covid-19-bereavement/advice-for-bereaved-people>) and “COVID-19 Bereavement: Memorialising” (<http://suddendeath.org/covid-19-bereavement/covid-19-advice-on-memorialising>)
  
- **Virtual Funeral Collective (<https://covidwhitepaper.com/>)**
  - “The Virtual Funeral Collective is a group of specialists who work with dying, death, and grief on a daily basis. We are uniquely situated to offer solutions, resources, and training to those dealing with dying, death, and disposition issues stemming from COVID-19.”
  - COVID-19 Resources: Has a list of ‘helpful resources’, for example “Memorializing a Loved One & Celebrations of Life” and “Navigating Grief & Death with Mindfulness” at <https://covidwhitepaper.com/resources>. In addition, they are working to create a collection of resources and best practices at <https://covidwhitepaper.com/download>.
  
- **VITAS Healthcare ([www.vitas.com](http://www.vitas.com))**
  - “VITAS can help patients and their families seeking hospice and palliative care in the face of terminal illness.”
  - COVID-19 Resources: Has articles for those impacted by COVID-19, such as one entitled “Coping with Loss and Grief During the Coronavirus Crisis” (<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/coping-with-grief/coping-with-loss-and-grief-during-the-coronavirus-crisis/>). They host phone-in support groups and Zoom video support groups free of charge at <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/grief-support/phone-in-grief-support-groups>
  
- **What’s Your Grief (<https://whatsyourgrief.com>)**
  - Their mission is to “promote grief education, exploration, and expression in both practical and creative ways.” The site contains articles, webinar recordings, and e-courses related to loss and grief for the public and professionals.
  - COVID-19 Resources: Material related to grieving during COVID-19, including articles entitled “10 Ideas for Funerals and Memorials When You Can’t Be Together” (<https://whatsyourgrief.com/funerals-when-you-cant-be-together/>) and What the Newly Bereaved Should Know (<https://whatsyourgrief.com/what-the-newly-bereaved-should-know/>)
  
- **Willow House (<https://www.willowhouse.org/>)**
  - “To support children, families, schools and communities who are coping with grief and the death of a loved one.”
  - COVID-19 Resources: Offers guidebook entitled “Supporting Grieving Children and Teens in the Time of COVID-19” containing grief reactions by age, a description of secondary losses, and self-care and coping skills for children and teens at <https://www.willowhouse.org/covid-19/>