



COPING IN CRISIS

Staying well with ISK

Week of April 20: Coping with Grief

FROM SAMHSA:

[Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#) (4-page PDF)

[A Parents' Guide to Helping Families Cope with a Pandemic Flu](#) (7-page PDF; [SPANISH VERSION](#))

- **Page 6:** Coping with Grief

[Disaster Distress Hotline](#): Immediate counseling for people affected by any disaster or tragedy. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Available 24/7, every day.

FROM NAMI:

[Spiritual Resources During the COVID-19 Pandemic](#) (Webpage from Harvard Divinity School with resources for finding strength and consolation in times of distress, loss, grief and bereavement.)

[COVID-19 Resource and Information Guide](#) (22-Page PDF)

- **Page 18:** I Lost a Loved During the Covid-19 Outbreak. Where Can I Find Support?

FROM CDC:

[Recovering Emotionally From Disaster](#) (Webpage, American Psychological Association)

OTHER:

["We Are Grieving the World We Have Now Lost" Says a Grief Expert](#) (15-minute PBS video featuring David Kessler)

[Coronavirus Has Upended Our World. It's OK To Grieve](#) (NPR website article)

Visit the ISK [Facebook page](#) for more tips.

Have a great week and stay well!