Resources on Grief and Loss

# May 29, 2020

# Summary

The pandemic has and continues to take a heavy toll on our community. Whether we have been directly affected by the death of a loved one, or extend our grievances to classmates, mentors, relatives, and colleagues, community, health and well-being is more important now. We gathered here some resources for the Harvard members to lean on in times of grief and loss. Write to [dib@harvard.edu](mailto:dib@harvard.edu) to add your recommendation to this list and be here for each other.

# Grief and Loss

## [Grief & Loss Counseling](https://hr.harvard.edu/employee-assistance-program)

### Harvard University Health Services

* **Harvard Students** Harvard University Counseling and Mental Health Services - 617-495-2042
  + HUHS Urgent Care - 617-495-5711
  + A no-cost support service to support registered students who are experiencing distress
  + Same day appointments are single 45-minute sessions
  + Initial consultations are 20-minute phone conservations by logging into your Patient Portal
* **Harvard Faculty and Staff** Employment Assistance Program (EAP) - 877-327-4278
  + Free and confidential help for all Harvard employees and their adult household members
  + Can guide and support you through the challenges surrounding loss and grief, help you find the strength you need, whether it comes from within you or from outside resources

## Ways to support someone [who](https://www.health.harvard.edu/mind-and-mood/ways-to-support-someone-who-is-grieving) is grieving

### Harvard Medical School

* It can be hard to know how to console a friend, colleague, or relative who is grieving. Don’t give up.
* Some tips, and more:
  + Name names. Don’t be afraid to mention the decreased
  + Don’t ask “how are you?”
  + Offer hope
  + Reach out
  + Listen well instead of advising

**Spiritual and Cultural Support**

## Harvard [Chaplains](https://chaplains.harvard.edu/)

### Harvard Chaplains Office

* [chaplains@harvard.edu](mailto:chaplains@harvard.edu) | 617-879-8365
* Umbrella organization of 38 chaplains representing 26 of the world’s traditions, united in their commitment to serve Harvard’s diverse student, faculty, and staff communities.

## The Memorial Church Grief Group for Students

### Memorial Church

* Reverend Alanna Copenhaver |alanna\_copenhaver@harvard.edu | 617.496.1426.
* Holds a Grief Support Group for students each term. The group is limited to 10 participants.

# Mental Health

## [CPR](https://www.washingtonpost.com/business/2020/04/09/masks-racial-profiling-walmart-coronavirus/) for Mental [Wellbeing](https://vimeo.com/showcase/6942447)

### Harvard University Counseling and Mental Health Center

* Courage. Presence. Resilience. 5 to 15-minute workshops by Tara Cousineau PhD as resiliency tools that may serve you in stressful and disruptive times.

## [How the Discomfort of Grief Can Help Us: Recognizing and Adapting to Loss During COVID-19](https://www.hsph.harvard.edu/news/multimedia-article/webcast-how-the-discomfort-of-grief-can-help-us-recognizing-and-adapting-to-loss-during-the-covid-19-outbreak-4-8-2020/)

### Harvard T.H. Chan School of Public Health | April 8, 2020

* Presenters provide a brief review of what grief is like, how to better understand what you are feeling, and ways to cope with the losses related to the pandemic.

## [Managing Fears and Anxiety around the Coronavirus (COVID-19)](https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf)

### Harvard University Health Services

* Common reactions to the coronavirus include worry, panic, difficulty concentrating, anger, bravado…coping with these emotions include these ingredients for a healthy lifestyle:
  + Get the facts
  + Anxiety is an emotion that tends to seek out confirmation
  + Find activities that give you a sense of mastery
  + Think about what you might say to a friend
  + Be mindful of your assumption about others

## That [Discomfort](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief) You’re [Feeling](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief) is Grief

### Harvard Business Review | March 23, 2020

* Interview with David Kessler, the world’s expert on grief who co-authored *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*, and founded [www.grief.com](http://www.grief.com).
  + What can individuals do to manage all this grief?
  + Are there techniques to deal with [physical pain and the racing mind]?
  + One particularly troubling aspect of this pandemic is the open-endedness of it

## [Writing to ease grief and loss](https://www.health.harvard.edu/mind-and-mood/writing-to-ease-grief)

### Harvard Medical School

* Disclosing deep emotions through writing can boost immune function as well as mood and well-being. Conversely, the stress of holding in strong feelings can ratchet up blood pressure and heart rate, and increase muscle tension.

# Non-Harvard Online

### ***[Actively Moving Forward](http://activelymovingforward.org/)***

### Community for college students age 18-30 grieving illness or death

* About 1 in 3 college students experience a death of a family member or close friend who died within the last 12 months.

### ***[COVID Grief Network](https://www.covidgriefnetwork.org/)***

### Community for young adults age 20-39

* Connecting young adults who know what isolation, illness, or death is like, and free one-on-one support from a volunteer grief worker.

### ***[The Dougy Center: When Your World is Already Upside Down](https://www.dougy.org/docs/Grief_during_COVID-19.pdf)***

### The national center for grieving children and families

* Supporting grieving children and teens during COVID-19 can take forms like family self-care.

### ***[Emotional Healing after a Miscarriage: A Guide for Women, Partners, Family, and Friends](https://online.nursing.georgetown.edu/blog/emotional-healing-after-miscarriage-guide-women-partners-family-friends/)***

### Georgetown University | March 5, 2020

* Nearly 1/3 of women who experience a miscarriage met the criteria for post-traumatic stress disorder one month later; around 18% met the criteria nine months later.

### ***[Grief Resources Bibliography](https://www.hampshire.edu/sites/default/files/shared_files/Grief_Resources_Bibliography.pdf)***

### Hampshire College

* Books and publications on death and dying, spiritual and cultural aspects of grief, and supporting those who grieve.

### ***[The Grieving Person’s Bill of Rights](https://willamette.edu/offices/chaplain/pdf/grieving-person-bor.pdf)***

### Center for Loss and Life Transition

* Ten rights for the grieving person, the first is you have the right to experience your own unique grief.

### ***[Hold the Door for Others](https://holdthedoor.com/wp-content/uploads/2018/06/finding-your-way.pdf)***

### Workbook on loss and adversity

* Healing from the death of a loved one is an incredible journey. This PDF teaches how to find one’s way through loss and sudden adversity.

### ***[Modern Loss](https://modernloss.com/)***

### Candid conversations and essays about grief

* A grassroots project identifying topics of death that are taboo, funny, and beautiful to navigate the terrain of life after death. Beginners welcome.