

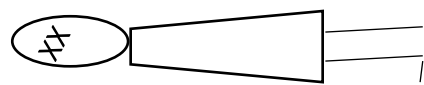
# Coronavirus (COVID-19)

You are in mourning for a loved one because of the pandemic – Simplified illustrated version

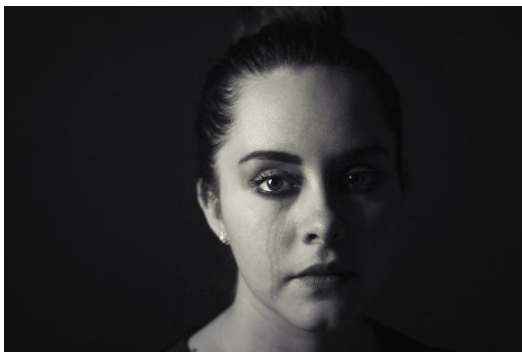
- Most people with COVID-19 get better.



- But a person you love who gets COVID-19 may die.



- If this happens, you will grieve.



## Possible reactions when you grieve

### Stress and negative feelings:

- Emotional pain; feelings of solitude, emptiness, powerlessness, sadness, social isolation;



- Stress, anxiety, agitation, tightness in your chest, doubts about your feelings of safety and confidence;



- A feeling of anger and injustice; mood swings;



- Intense suffering, feeling overwhelmed by the event to the point of thinking about suicide or hurting someone.



## Changes in your general behaviour:

- Trouble concentrating or making decisions;



- Confusion, problems with attention-span, concentration and memory; trouble functioning in your daily life (family, work, pastimes);



- Less interest in things you liked before.

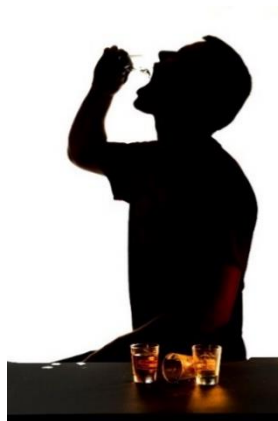


## Changes in living habits:

- Trouble sleeping and loss of appetite;



- Use of alcohol, drugs, or other substances that has increased a lot.



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→ The strength and length of these reactions vary from person to person.

→ There is no set time for mourning. Everyone has their own pace.



→ Think about what you did in the past to overcome difficulties. This may help.



## Things to help you feel better

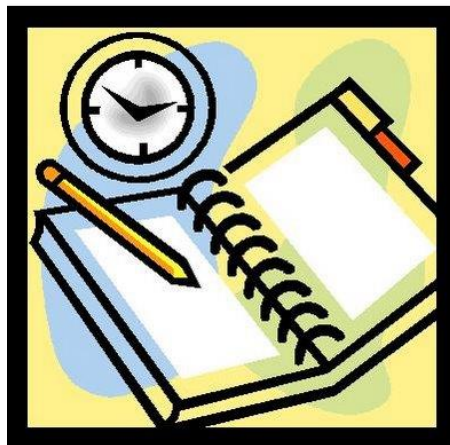
- Talk to your family or friends. It's normal to often need to talk.



- Talk about your emotions with people you trust or express them by writing or drawing.



- Get back to your healthy daily routine: eat properly, get enough sleep, take time to relax.





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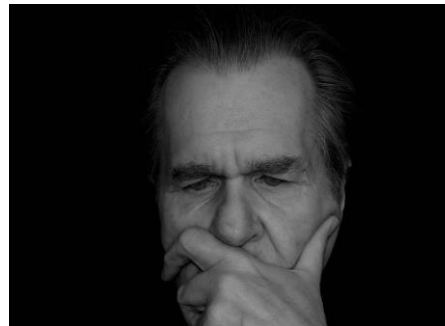
- Go back to activities and pastimes you enjoy when you feel ready to.



- Avoid using alcohol or drugs.



- Avoid making important decisions when you are feeling distressed.



- Plan for a way to say goodbye.



→ You can get help at any time.

## Services offered

You can ask a health or social services professional for help at any time.

Help is free and confidential.



## Phone

- Government of Québec COVID-19 line: 1-877-644-4545
- Psychosocial phone consultation service: Info-Social 811
- Suicide prevention: 1-866-APPELLE (277-3553)

## Internet

Government of Québec COVID-19 information online:

<https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/>