



Grief and Loss

GENERAL BACKGROUND

After a loss and experiencing feelings of grief, many individuals are able to process their grief and eventually move forward. However, when these feelings do not improve over time, an individual may be experiencing complicated grief, where “painful emotions are so long lasting and severe that [individuals] have trouble recovering from the loss and resuming [their] own life” ([Mayo Clinic](#)).

According to [Mayo Clinic](#), symptoms of complicated grief may include: intense sorrow, numbness or detachment, trouble carrying out normal routines, isolation from others, depression, self-blame, and thoughts of suicide. [The University of Michigan](#) also cites anxiety and physical illness as complications of grief.

#morethan**ever**before



RESOURCES

- University of Michigan [published resources](#) for grief including lists of online resources, recommended reading and podcasts, and bereavement materials (scroll past Michigan-specific resources to find these).
- The Pennsylvania Department of Education published [a list of resources](#) for parents, educators, and professionals serving children who are experiencing grief and loss.
- APA published an article, [Grief and COVID-19: Mourning our bygone lives](#), that includes a discussion on grief, loss, resiliency, and important aspects of addressing grief, including “naming and claiming” grief.
- CNN published an article, [Grief and fear after a COVID-19 death: Managing a double trauma](#), on grief and loss that includes suggestions for virtual connections, coping with guilt, and getting support.

Online grief resource groups:

- Can be found on social media sites like Facebook.
- This [article](#) includes an expansive list of resources and support for loss and grief, including free online grief counseling.
- [eCondolence](#) provides a variety of resources about how to support individuals experiencing loss, offering condolences, and practical skills for attending virtual funerals, etc.

MILITARY-SPECIFIC RESOURCES

- [Gold Star Legacy](#) offers support and resources to Gold Star families and opportunities for families to connect via an online chat.
- The [Tragedy Assistance Program \(TAPS\)](#) has a 24/7 National Military Survivor Helpline, 800-959-TAPS (8277). TAPS also provides emergency financial assistance to families in addition to a variety of resources related to suicide loss support.