**Resources for coping with grief**

* [**Canadian Virtual Hospice**](%20www.virtualhospice.ca/en_US/Main%2BSite%2BNavigation/Home/Topics/Topics.aspx)
* [**What’s your Grief?**](https://whatsyourgrief.com/)
* [**The Dougy Center: The National Center for Grieving Children & Families**](https://www.dougy.org/)
* [**Helping Grieving Children**](http://www.sickkids.ca/patient-family-resources/paediatric-advance-care-team/Grief%20and%20bereavement%20resources/PACT-Pathways-Program-Overview/Helping%20Grieving%20Children/Helping-children-grieve.html)
* [**Talking with Kids & Teens About Dying and Death**](https://kidsgrief.ca/)
* [**Other online resources**](https://www.grieflossresources.ca/online-resources/%C2%A0)
* [**Agencies that provide grief support**](https://www.grieflossresources.ca/groups-agencies/)

Resources for Youth and Adults

* [**Coping with Stress During the 2019-nCoV Outbreak**](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2) (WHO)
* [**Tips on Coping During COVID-19**](http://waterloocbt.ca/wp-content/uploads/2020/03/Tips-for-Coping-During-COVID-19.pdf)(Waterloo CBT clinic)
* [**Guide To Living With Worry And Anxiety Amidst Global Uncertainty**](https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/%C2%A0)(available in multiple languages; Dr. M. Whalley & Dr. H. Kaur)
* [**COVID-19: Balancing Public Health and Mental Health**](https://www.anxietycanada.com/articles/covid19-balancing-public-health-and-mental-health/%C2%A0)(Anxiety Canada)
* [**COVID-19 and Anxiety**](https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety%20%C2%A0) (heretohelp)
* [**Mental health and the COVID-19 Pandemic**](https://www.camh.ca/en/health-info/mental-health-and-covid-19%C2%A0)(CAMH)
* [**A Practical Evidence-Based Self-Help Program for COVID-19 Related Worry and Anxiety**](https://valleycentreforcounselling.com/onanxiety) (Valley Centre for Counselling; free, 6-session program)
* [**Tolerance for Uncertainty: A COVID-19 Workbook. A free, downloadable workbook with strategies to cope with the anxiety and uncertainty related to the COVID outbreak**](https://www.baypsychology.ca/workshops%C2%A0) (Bay Psychology)
* [**Tip sheet for Managing Coronavirus Concerns for People Who Have OCD**](https://www.shalanicely.com/wp-content/uploads/2020/03/Tip-Sheet-OCD-Coronavirus-Concerns.pdf%C2%A0) (Shala Nicely)
* [**COVID-19: Practical Cognitive Behavioural Strategies to Manage your Mental Health**](http://health.sunnybrook.ca/covid-19-coronavirus/manage-your-mental-health/) (Sunnybrook Health Sciences Centre)
* [**Finding Hope and Resilience During the COVID-19 Pandemic**](http://health.sunnybrook.ca/covid-19-coronavirus/finding-hope/) (Sunnybrook Health Sciences Centre)
* [**Simple Ways of Finding Happiness in Challenging Times**](http://health.sunnybrook.ca/covid-19-coronavirus/finding-happiness-in-challenging-times/) (Sunnybrook Health Sciences Centre)
* [**Healthy Sleep Tips**](https://www.sleepfoundation.org/articles/healthy-sleep-tips)(Sleepfoundation.org)

**Support, Grief & Bereavement**

* [**CAMH: Online peer-to-peer discussion forum**](https://covid19.camhx.ca/mod/forum/view.php?id=1)
* [**Family First: Grief during COVID-19**](https://www.familiesfirst.ca/grief-during-covid-19)
* [**Good Grief: Virtual programming and family support**](https://good-grief.org/virtual-programming-and-support-from-good-grief/)
* [**Good Grief: Funeral during a pandemic**](https://good-grief.org/funerals-in-a-pandemic-navigating-a-new-normal/)
* [**Hospice Palliative Care Ontario: Psychosocial and spiritual support flyer**](http://r20.rs6.net/tn.jsp?f=00126nqB4wSNwbOWu1yXDMX1jQsAJB_vrvCh0NdxzXZ917Eiq5aSOOXYpjEtp0Z87d7Kg0_NA3Q1fnYYoIcCMZoXZE8KS-DxMvi8QYANp8MPVs-6iv-hcxfDfZhRzMmy8GY4EvPbVQohCBrQa9ENhw1RJNfrClDvumQ0nwel5Zlz9MrP-cCiDnsFT-bdHF0FQhRoKeGIHqAQt0CCXPfHVWRlX1rifzWgosTKPyfxAY7VLAsJsL-b-t8dg==&c=aaRl5nJCgBWBjnWxjhDZNCk29o755gCzfa3nbEkmVgsnHEjMWxI1cQ==&ch=9vVq6SxEojmtXRbNIADfeP8yrxhhnfnE6w8z9GgCFExPOb7Ieb-5IQ==)
* [**Chiefs of Ontario: Regional assistance for members in urban centres**](http://r20.rs6.net/tn.jsp?f=00126nqB4wSNwbOWu1yXDMX1jQsAJB_vrvCh0NdxzXZ917Eiq5aSOOXYpjEtp0Z87d7rS68jbu5UKk9d-jyaCZL9o-CzqPv9cPRIm14Hxa_a0DOAPtK7oA6FTWbr_YWNj7_gBLrVaKQHV_kwy0j6HGoo1mvwPMt4xE9ncVz-NC2kf65R6CNekdzVPbET2ombUq6FkWv0g2Ys5-NVLFjcqi5SBrA0GALwh-ZrwzyWUOwYJ0-qkBASpxFT1dNiU2yfySN&c=aaRl5nJCgBWBjnWxjhDZNCk29o755gCzfa3nbEkmVgsnHEjMWxI1cQ==&ch=9vVq6SxEojmtXRbNIADfeP8yrxhhnfnE6w8z9GgCFExPOb7Ieb-5IQ==)
* [**Family TLC: Counselling Services**](http://r20.rs6.net/tn.jsp?f=00126nqB4wSNwbOWu1yXDMX1jQsAJB_vrvCh0NdxzXZ917Eiq5aSOOXYpjEtp0Z87d7CHqulZgdeUY61Z-3H6lc9946H8pljhogbp3fJDmknlrFlldrc2IcZkgPYhDQ07gGAURi9R2ZhRbxP96d7jFcv_B3-WW9XkqScWX_10GnAX53tgBSCWhd9NDHWNpsk4vUhXzWUoGCPeI=&c=aaRl5nJCgBWBjnWxjhDZNCk29o755gCzfa3nbEkmVgsnHEjMWxI1cQ==&ch=9vVq6SxEojmtXRbNIADfeP8yrxhhnfnE6w8z9GgCFExPOb7Ieb-5IQ==)

# Grief Support

<https://familycare.utoronto.ca/resources/grief-support/>