



## Grieving differently during a pandemic

If you have experienced the loss a loved one during the pandemic, there are a few steps you can take to help you grieve:

**Stay connected.** Invite people to call you or set up conference calls or virtual conferences with family and friends to stay in touch. Share stories and photos by post, email, phone, video chat or through apps or social media.

**Reinvent mourning rituals and practices.** We need mourning rituals and practices that are respectful, consistent with the faith or culture of families, to mark the departure of the loved one during pandemics. Why not create a virtual memory book, blog or web page so that family and friends can honour the memory of your loved one, share memories. Prepare your loved one's favorite meal or any other concrete gesture that had significance and can remind you of them.

**Ask for help.** Getting help is essential if you or a loved one is going through a crisis or needs emotional support. [Crisis Services Canada](https://www.crisisservices.ca/) provides a list of crisis and listening centers across the country (including local grief and bereavement support groups). These centers are there to respond to people who ask for help.

**Source: McMaster Optimal Aging Portal**

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2020/07/15/do-not-go-through-the-ordeal-alone-grief-in-times-of-pandemics>

## Mental Health Crisis and Non-Crisis Regional Contacts

### Interlake-Eastern Regional Health Authority

Web: [www.ierha.ca/default.aspx?cid=13360&lang=1](http://www.ierha.ca/default.aspx?cid=13360&lang=1)

#### **CRISIS LINES**

**24 hour Crisis Line: 204-482-5419 or 1-866-427-8628**

**Mobile Crisis Services: 204-482-5376 or 1-877-499-8770**

Adult 2:00 pm – 2:00 am

Youth 17 and under 1:30 pm – 9:00 pm

**Crisis Stabilization Unit: 204-482-5361 or 1-888-482-5361**

Community Mental Health Intake: 204-785-7752 or 1-866-757-6205

### Province-Wide Crisis Lines

#### **Klinic Crisis Line**

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

#### **Manitoba Suicide Prevention & Support Line**

1-877-435-7170 (1-877-HELP170)

#### **Kids Help Phone** (national line available to Manitoba Youth)

1-800-668-6868

**Klinic Sexual Assault Crisis Line**

204-786-8631 or 1-888-292-7565

TTY 204-784-4097

**Manitoba Farm, Rural & Northern Support Services**

supportline.ca - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

**First Nations and Inuit Hope for Wellness Help Line**

1-855-242-3310

Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut

Source: Manitoba Government <https://www.gov.mb.ca/health/mh/crisis.html>