



Grieving differently during a pandemic

If you have experienced the loss of 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](#) 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

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

Klinik 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

Klinik 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 Inuktut

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