

# Grief and Loss Resources During the Pandemic

**Scope:** This pathfinder is designed to assist anyone trying to find grief and loss resources during the coronavirus pandemic. Resources include websites and e-books.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- National Suicide Prevention Lifeline 1-800-273-8255
- Substance Abuse and Mental Health Service Administration National Helpline 1-800-622-4357

Keywords for General Research:

- Stages of Grief
- Grief and Loss

Websites

[Understanding Grief in the Age of the COVID-19 Pandemic](#)

[Grieve the Losses of Coronavirus—The New York Times](#)

[Coronavirus Has Upended Our World. It's OK to Grieve—NPR](#)

[Coping with Loss and Grief During the Coronavirus Crisis](#)

[Modern Loss—Candid Conversations about Grief](#)

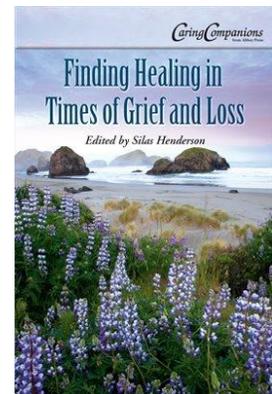
E-Books

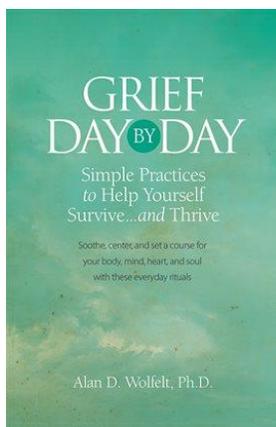
*Finding Healing in Times of Grief and Loss*

Lisa Irish, Mildred Tengbord, M. Donna MacLeod, and Linus Mundy

Available on Hoopla

The five authors of *Finding Healing in Times of Grief and Loss* all speak to the ways that we can enter into the experience of grief and come through with hearts and spirits renewed by the cherished memories of the ones we've lost. Whether the passing of a dear one is recent or further in the past, peace is always possible. The words of wisdom contained in this book assure us that from our grief and loss can come deep comfort and healing.





*Grief Day by Day*  
Alan D. Wolfelt, Ph. D.

Available on Hoopla

When we are grieving the death of someone loved, we may struggle with making it through each day. How are we supposed to cope with our gut-wrenching grief and live our daily lives at the same time? What should we do with our chaotic, painful, and intrusive thoughts and feelings? How do we survive? And is it possible to both grieve and live with meaning and hope? If you've been asking yourself such questions, this book by one of the world's most beloved grief counselors provides affirmation and answers.

*Getting Grief Right*

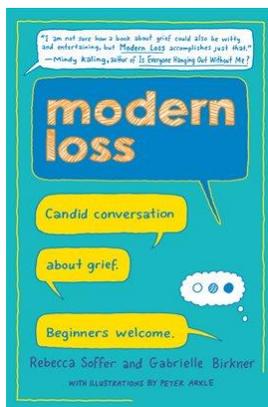
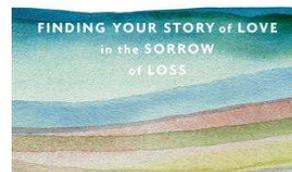
Patrick O'Malley, Ph.D., Tim Madigan

Available on Hoopla

Here, with uncommon sensitivity and support, O'Malley invites us to explore grief not as a process of recovery, but as the ongoing narrative of our relationship with the one we've lost-to be fully felt, told, and woven into our lives. For those in bereavement and anyone supporting those who are, *Getting Grief Right* offers an uncommonly empathetic guide to opening to our sorrow as the full expression of our love.



GETTING  
GRIEF  
RIGHT



*Modern Loss*

Rebecca Soffer & Gabrielle Birkner  
Illustrations by Peter Arkle

Available on Hoopla

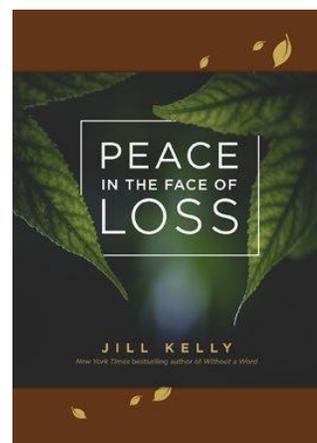
This book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics.

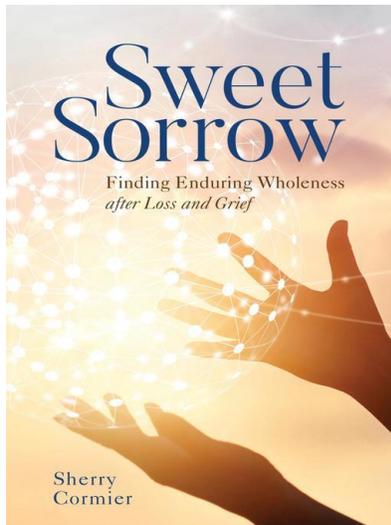
*Peace in the Face of Loss*

Jill Kelly

Available on Hoopla

We've all lost something. No matter what it is-a loved one, a treasured relationship, the life we thought we would have-our grief can overshadow us with its heaviness and ache. No loss is too small or too big for our God. In the midst of every trial, He is waiting to give you comfort and peace. In this beautiful book, bestselling author Jill Kelly offers a vision of healing and hope for whatever circumstance you're facing.





*Sweet Sorrow*  
Sherry Cormier, Ph.D.

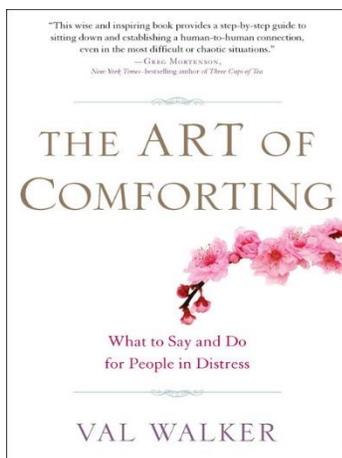
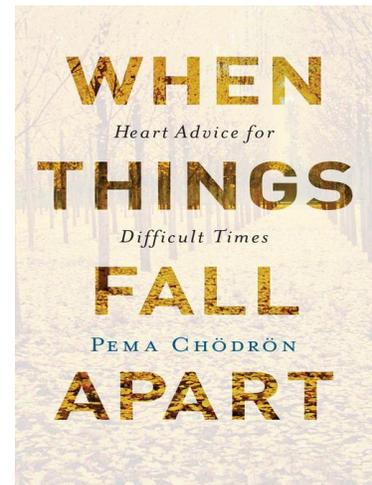
Available on Overdrive

Few of us know how to navigate the territory of traumatic loss successfully. *Sweet Sorrow* shows how we can respond and grow stronger from loss and suffering. Written by a psychologist and certified bereavement trauma specialist in the decade following the loss of her husband, father, mother, and only sibling, this carefully considered work provides perspective on grief and healing over time. This longer-term approach allows readers to have a more complete and accurate picture of the oscillations of grief over time. The book describes not only the immediate agony of the author's losses, but also the process of starting over and making a successful new life as a single person full of hope and joy.

*When Things Fall Apart*  
Pema Chödrön

Available on Overdrive

The beautiful practicality of her teaching has made Pema Chödrön one of the most beloved of contemporary American spiritual authors among Buddhists and non-Buddhists alike. A collection of talks she gave between 1987 and 1994, the book is a treasury of wisdom for going on living when we are overcome by pain and difficulties. Chödrön discusses using painful emotions to cultivate wisdom, compassion, and courage; Communicating so as to encourage others to open up rather than shut down; Practices for reversing habitual patterns; Methods for working with chaotic situations; and ways for creating effective social action.



*The Art of Comforting*  
Val Walker

Available on Overdrive

We live in an increasingly "virtual" world in which it can be tempting to skip making that true, human connection with someone in pain. In this practical, step-by-step guide to what she calls "the art of comforting," Val Walker draws on numerous interviews with "Master Comforters" to guide readers in gently and gracefully breaking through the walls that those who are suffering often erect around themselves. All of us will, at one time or the other, be called upon to offer warmth and support to another human being who is suffering-this book will show you how to answer the call with an open heart.