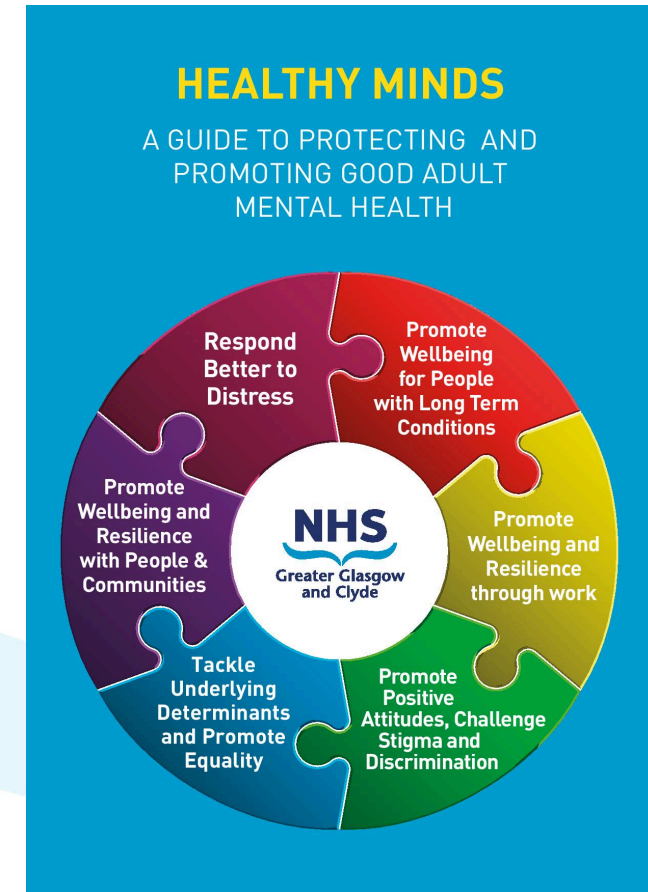


Loss and Grief during Covid-19

“Healthy Minds: raising awareness of loss and grief during COVID-19”

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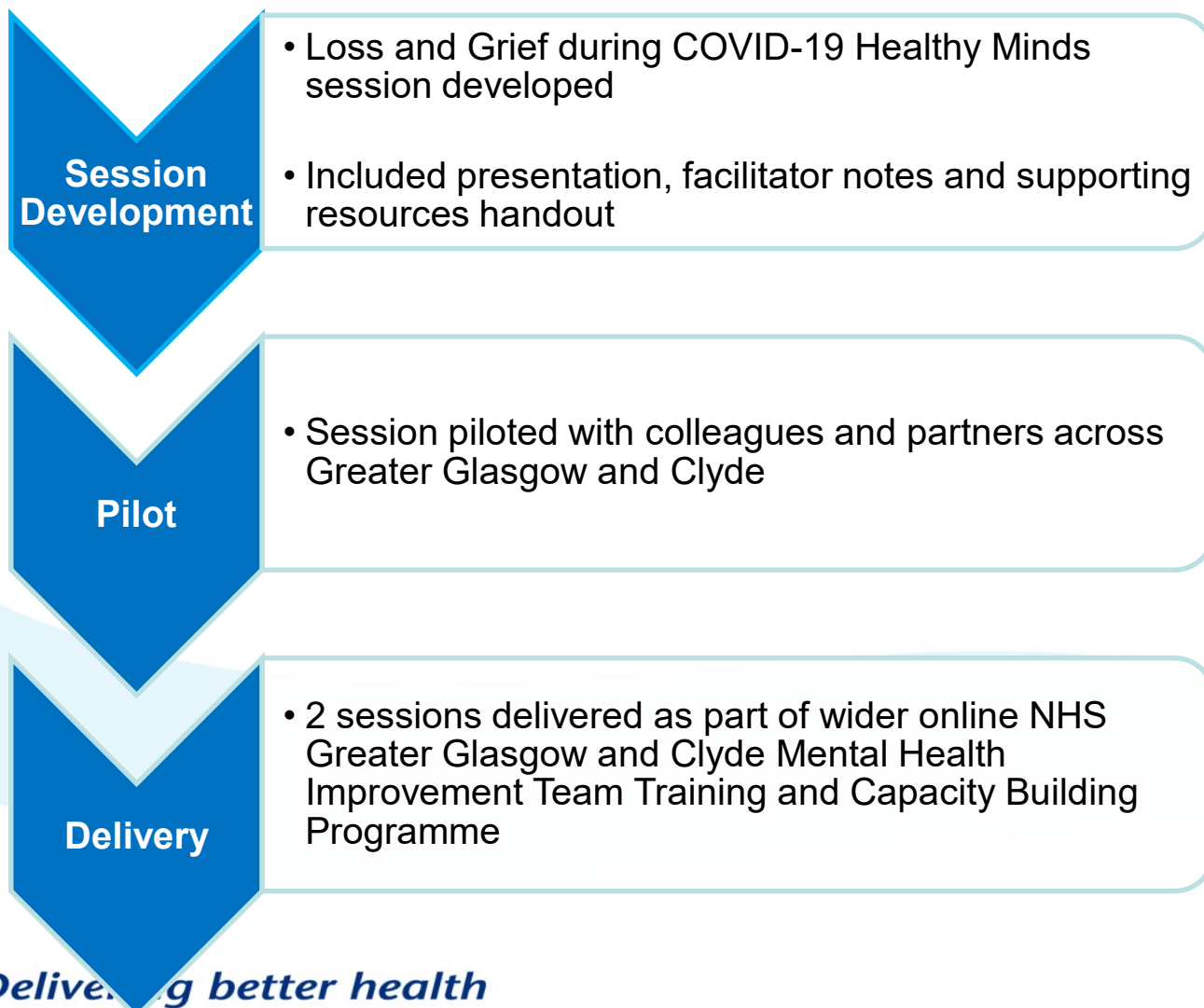
Background

Healthy Minds is a universal resource that aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing such as loss and grief. The resource ethos is to make mental health improvement everyone's business, recognising that you don't need to be an expert to achieve this.

COVID-19 has increased the burden of grief for many. Losses experienced include death, employment, the inability to connect with friends, family and faith organisations, missing special events and milestones.

Whilst grief is not a mental health condition, it can significantly impact on mental health and wellbeing. With demand for mental health information and resources growing significantly during the pandemic, the NHSGGC Mental Health Improvement Team developed a "Healthy Minds Loss and Grief during COVID-19" awareness session to help facilitate discussions and conversations around the losses experienced as a result of the pandemic, the impact and strategies to manage the grief process.

Delivery and Content



Session Outcomes

Dispel some of the myths surrounding loss and grief

List the different types of losses experienced as a result of COVID-19

Describe what grief is

Describe the impact grief can have on mental health and wellbeing

Discuss the different ways in which people grieve

Explore strategies and resources to support and manage loss and grief

Results

- **48** participants from a range of disciplines attended the sessions; Health, Education, Social Work, Fire Rescue, Housing Associations, Youth Organisations, Employability Projects and various Third Sector Organisations
- Completed evaluations reported an increase in participants knowledge and understanding of loss and grief
- Session included for download as part of wider Healthy Minds Resource

“Greater understanding of the topic and how to support someone with grief. Also lots of great resources and learning from others”

Conclusion

- As demand for mental health information, support and resources continues to grow, Healthy Minds is a universal resource that has been developed to help build mental health improvement capacity across Greater Glasgow and Clyde. It provides a basic awareness and understanding of mental health and issues that are associated with and can impact on mental health and wellbeing such as loss and grief.
- The loss and grief session offers a platform to help facilitate discussions and conversations about losses experienced as a result of the pandemic, the impact of these, recognising grief as “normal response” to loss and strategies to help manage the grief process.