

LONG ISLAND

Crisis Center
It's OK to ask for help.

Dear Long Island Crisis Center Community Members,

As the pandemic touches more of us in the most profound way – the loss of a loved one – grief and bereavement also take on a different form in this Coronavirus time. Whether the person has passed away from COVID-19, another illness or natural causes, there is no gathering of relatives and friends to provide solace and comfort. We are, instead, left alone to think about and mourn for our loss.

We would like to suggest some coping and comforting skills you might want to consider:

- Seek out help. You don't have to deal with grief alone. Long Island Crisis Center is available to you. A counselor can listen to and support you or perhaps offer you referrals to a therapist or grief counselor. It's as easy as calling **516-679-1111, 24 hours-a-day/7 days-a-week.**
- Grieve at your own pace. There is no time limit on your grief. Be patient with yourself. Don't feel pressure from others to "get over" your feelings.
- Ask for help. During times of loss, there are often practical matters that need to be taken care of. Make a "to do" list and then ask family, friends or professionals (attorney, accountant) to help you.
- Make self-care a priority by eating well, getting enough sleep and staying active. If you are on medication, take your medicines. Do not forget about you!

- Keep in touch with the family and friends who form your comfort circle. Call, text, FaceTime – whatever is easiest for you and can make you feel better.

There are also ways to honor your loved ones when traditional funeral and bereavement traditions are not possible:

- Find an area in your home to display photos and meaningful objects that remind you of your loved one.
- Share stories and memories. Call, text, email or Facetime and share them with others.
- Keep a journal of your feelings or memories that come to mind. It not only honors your loved one, but helps you express your feelings.

Losing someone you love and care deeply about is never easy. Now, not being able to share this loss with others who care being near you, makes it even more difficult. You may experience waves of different feelings like sadness, anger, loneliness, or isolation. In moderation, these are all normal reactions. And, the Crisis Center is here for support and help when it becomes more than you can handle.

We wish you continued good health – working together and listening to dependable sources, we will get through this challenge in our community.

Sincerely,

Theresa Buhse, Executive Director