

Grief, COVID-19, & the Holidays

Resources for making decisions and getting support

Making Decisions

Centers for Disease Control and Prevention (CDC) - Holiday Celebrations:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Wisconsin Department of Health Services - COVID-19: Decision Tool for Individuals and Families: <https://www.dhs.wisconsin.gov/covid-19/decision.htm>

UW Madison Division of Extension - Moving Forward During COVID-19: Deciding Who, When, & How: <https://aging.extension.wisc.edu/articles/moving-forward-during-covid-19/>

Getting Support

The following helplines are free, confidential, and available 24/7

UnitedWay 211 Dial 211 to connect to social services and local supports

<https://www.211.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 1-800-662-HELP (4357) – a treatment, referral and information service for

individuals and families facing mental and/or substance use disorders

<https://www.samhsa.gov/find-help/national-helpline>

Friendship Line (Institute on Aging) 1-800-971-0016

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Veteran's Crisis Line 1-800-273-TALK (8255) or Crisis Chat - text: 8388255

National Suicide Prevention Lifeline 1-800-273-8255

HOPELINE (Center for Suicide Awareness) Text HOPELINE to 741741



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Suggested resources are compiled by Selena Freimark, UW Madison - Division of Extension Health & Well-Being Educator. They are offered as samples for your reference only and are not intended to represent the best or only approach to any particular issue.

11.06.2020