

What is Complicated Grief ?



Thinking about grief during a pandemic...

Complicated grief, also known as unaddressed grief, is important to know about as it can contribute towards later mental health difficulties

WHAT IS IT



When intense feelings of grief persist after several months



Constantly thinking about the loss



Symptoms of separation distress



Overwhelming emotions



Excessive avoidance or preoccupation with the loss

WHAT CAN CONTRIBUTE TOWARDS IT



Circumstance of loss



The relationship you had with the person



Other losses, especially at an early age



Your personality, including resilience



Existing mental health conditions

REMEMBER



It is not the same as anxiety or depression



Talking to others helps



There are targeted interventions available



Access your support networks



Plan ahead for special anniversaries