



Healthy Minds COVID-19 Loss & Grief

This session aims to raise awareness of loss and grief during COVID-19 and the impact this can have on mental health and wellbeing.

Learning Outcomes

1. Dispel some of the myths surrounding loss and grief
2. List the different types of losses experienced as a result of COVID-19
3. Describe what grief is
4. Describe the impact grief can have on mental health and wellbeing
5. Discuss the different ways in which people grieve
6. Explore strategies and resources to support and manage loss and grief.

Where will the session be held?

The sessions will be delivered via MS Teams, a link will be sent to your email address once you have signed up.

When will it be held?

Choice of 4 dates available which last approx 1.5 hrs:

Wednesday 27th Jan at 10am - 11.30am

Wednesday 3rd Feb at 2pm - 3.30pm

Wednesday 10th Feb at 2pm - 3.30pm

Wednesday 17th Feb at 1pm - 2.30pm

Booking Details

To book a place on any of the sessions

Email: HealthImprovement.Renfrewshire@ggc.scot.nhs.uk