

COVID-19: Stigma and Grief

“No one group, ethnicity, or population in the U.S. is more likely to get or spread coronavirus disease 2019 (COVID-19) than others.”

(North Carolina Department of Health and Human Services.)

COVID-19 and Grief (4/16/20)

- “*Grief and Mourning During the COVID-19 Coronavirus Pandemic*”
<https://www.econdolence.com/covid-19-guidance/grief-and-mourning-during-covid-19-coronavirus>
- “*How to Cope With Grief During the COVID-19 Pandemic*”
<https://www.cnbc.com/2020/04/10/how-to-cope-with-grief-during-the-covid-19-pandemic.html>
- “*That COVID-19 Feeling? It’s Called Anticipatory Grief*”
<https://www.fatherly.com/health-science/covid-19-coronavirus-anxiety-anticipatory-grief/>
- “*How ‘Anticipatory Grief’ May Show Up During the COVID-19 Outbreak*”
<https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak>

From the American Psychological Association (APA) (4/9/20)

The following articles can be found on the APA’s website at aoa.org. Once on the site use the search feature to locate each one.

- “*Combating Bias and Stigma Related to COVID-19*”
- “*Coronaviral Threat Escalates Fears and Bigotry*”
- “*COVID-19 Isn’t Just a Danger to Older People’s Physical Health*”
- “*How Leaders Can Maximize Trust and Minimize Stress During the COVID-19 Pandemic*”

From Other Sources (4/9/20)

- “*Social Stigma Associated with COVID-19*”
<https://www.unicef.org/documents/social-stigma-associated-coronavirus-disease-covid-19>
- <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/covid-19-stigma>

- “*Stop the Spread of Rumors*” [Know the facts about COVID-19 and help stop the spread of rumors](#)
- “*Reducing Stigma*” <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html>

Post-Traumatic Stress Disorder (PTSD) (4/9/20)

Get Help For PTSD that may be triggered by the stress related to COVID-19

- If you need help right away: Call **1-800-273-8255**, Press "1" if you are a Veteran.
- Click the following link to [Chat online with a counselor](#)
- Call **911** or visit a local emergency room
- PTSD Information Voice Mail: (802) 296-6300
- Email: ncptsd@va.gov
- Go to the website: [VA Mental Health](#)

COVID-19: Resources for Managing Stress (4/9/20)

The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and because of uncertainty about how the outbreak will affect us socially and economically. There are steps you can take to manage stress and improve your wellbeing.

For Anyone

- [Managing Stress Associated with the COVID-19 Virus Outbreak | en Español](#)
Practical steps you can take to deal with stress reactions.

For Providers and Community Leaders

- [Helping People Manage Stress Associated with the COVID-19 Virus Outbreak | en Español](#)
Five key principles for health care providers, community leaders, and others concerned with the psychological welfare of the public.

For Health Care Workers

- [Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak | en Español](#)
Support and self-care strategies for people who work in health care.

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