

Pandemic-related trauma is real. We need resources to help people through emotional pain.

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An 11-year-old patient of mine changed abruptly from an outgoing, confident boy to an anxious, fearful one after his father developed COVID-19. He now wakes in the middle of the night crying and follows his mother around the house all day.

A Catholic priest, who contracted COVID-19 during the first weeks of the pandemic, is a “long-hauler” who wakes each morning with the simple hope he’ll be able to smell a lemon slice in his tea.

Like scree, the broad field of rocks, rubble and broken trees left behind as a glacier recedes, we’ll now have to contend with the emotional and social damage left behind by the pandemic.

From the impact of losing a family member, friend or colleague to the illness, to having been furloughed, to the effects of social isolation, the loss of a school year, the stress of caring for a relative with COVID-19, no one escapes.

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