

Clues Professional Help Is Needed for Grief Support

- Loss of or increase in appetite over several months leading to sig weight changes
- Disrupted sleep
- Avoiding friends or needing extra distractions
- Inability to separate from significant caregivers for several months
- Feeling drained of energy,
- Exercising more than usual.
- Use of drugs or alcohol to help cope with emotions
- Self-harm. Unexplained burns, bruises, cuts and slashes. They suddenly disappear to the bathroom after seeming upset, angry or sad. They try to hide marks: like wearing lots of bracelets or long-sleeved shirts.
- Persistent sadness and crying
- Saying they can't continue living
- Irritability, anger, or outburst
- Drop in school performance
- Hopeless about the future