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