



## Warning Signs

**Teens who are having serious problems with grief and loss may show one or more of these signs:**

- an extended period of depression in which the teen loses interest in daily activities and events
- inability to sleep, loss of appetite, prolonged fear of being alone
- acting much younger for an extended period
- excessively imitating the dead person
- repeated statements of wanting to join the dead person
- withdrawal from friends
- sharp drop in school performance or refusal to attend school
- lack of concentration
- declining grades
- over-activity, acting too busy
- drug or alcohol use
- risk-taking behavior
- self-destructive, antisocial, or criminal behavior
- suicidal thoughts

These warning signs indicate that professional help may be needed.

To help a teen who is having a particularly hard time with his or her loss, explore the full spectrum of helping services in your community. School counselors, church groups and private therapists are appropriate resources for some young people, while others may just need a little more time and attention from caring adults like you. The important thing is that you help the grieving teen find safe and nurturing emotional outlets at this difficult time.