

## Seeking Professional Help

Expressions of loss and grief are normal and needed. Children exhibit normal signs of loss and grief in many ways. It is the extreme behaviors and intensity of feelings and actions that signal that outside intervention is needed.

When any of the following behaviors are observed you may want to consider seeking professional help.

1. Child continually refuses to share thoughts or feelings about loss.
2. Child is extremely clingy to adults or expresses extreme fear of leaving the house or going to school.
3. Child has been lied to about loss.
4. Child threatens to hurt him or her self.
5. Child won't socialize or no longer is interested in previous social activities.
6. Child becomes involved with drugs or alcohol.
7. Child is cruel to animals or physically abusive to other children.
8. The child's relationship with deceased was strained or maladaptive (e.g. alcoholic parent or abusive parent)
9. Child shows extremes in not sleeping or eating.
10. Child is failing school.
11. Child exhibits sudden unexplained change.

For referrals or suggestions please feel free to contact **Paul Johnson**, a Howard County School Psychologist and member of LifePoint at 443-974-7995.