

# Signs That a Youth May Need Professional Help

Any of these signs may be present initially in grief...pay attention if these persist over time. If you are concerned about a youth, parents and the school counsellor should talk together to see if they are seeing the same signs.

## Physical Signs:

- Changes in eating (more or less)
- Changes in sleep (more or less)
- Significant loss of energy
- Nausea
- Headaches
- Stomach aches

## Emotional Signs:

- Persistent anxiety
- Hopes of reunion with deceased
- Desire to die
- Clinging to others
- Absence of all grief
- Strong resistance to forming new attachments
- Expression of only negative or only positive about the deceased

## Behavioural Signs:

- Aggression, displays of power
- Withdrawn, regression
- Overachieving syndrome
- Inability to focus, concentrate
- Self-destructive
- Excessive daydreaming
- Compulsive care-giving
- Accident-prone
- Stealing, other illegal activities
- Use/Abuse of drugs and/or alcohol
- Unable to speak of the deceased

## Cognitive Signs

- Inability to concentrate
- Confused or distorted thinking

Any signs of long term or clinical depression are red flags, as are your own “gut feelings” about whether a youth is really struggling with more than just profound sadness which typifies “normal” grief

## **Community Counselling Options:**

### **Child and Youth Mental Health Services (based on home address):**

#### **Westshore**

2nd floor - 345 Wale Rd, Victoria, BC V9B 6X2

Tuesday 9:00 a.m. - 12:00 noon, Thursday 12:00 noon - 3:00 p.m.

#### **Saanich**

201-4478 W. Saanich Rd, Victoria, BC V8W 9S3

Tuesday 9:00 a.m. - 12:00 noon, Thursday 12:00 noon - 3:00 p.m.

#### **Victoria**

302-2955 Jutland Rd, Victoria, BC V8W 9S3

Tuesday 9:00 a.m. - 12:00 noon, Thursday 12:00 noon - 3:00 p.m.

### **Discovery Youth and Family Services:**

Esquimalt Health Unit, 530 Fraser Street, 2<sup>nd</sup> Floor

250- 519-5313

Or referral through counselling team at school

### **Emergency Response and/or Consult:**

Call Vancouver Island Crisis line – 1-888-494-3888 for referral to resources

**Other Counselling options are also available; please contact your school counsellor to discuss**