

## Complicated grief: When extra help is needed

### Aetna Resources For Living<sup>SM</sup>

Grief can involve a wide range of reactions. It may be hard to tell when it's time to reach out for help.



If you see signs like the ones listed below in yourself or someone you care about, you can speak with a mental health professional for more help.

Counseling can help provide emotional support for signs such as:

- High risk or self-destructive behavior
- Violent outbursts
- Wishing to die or thinking about suicide
- Flashbacks or nightmares
- Using alcohol or other drugs to avoid the pain
- Big changes in values, behavior or lifestyle
- False sense of elation or joy
- Lasting sense of lowered self-worth
- Thinking about the loss much of the time many months later
- Trouble managing the tasks of daily living

- Intense, new grief more than a year after the loss
- Feelings of guilt about being a survivor
- Keeping others at a distance for fear of losing again
- Constant worry that something bad is going to happen
- Feeling the need to imitate the deceased
- A severe crisis of faith

Loss can be tough to get through. Reaching out for yourself or someone else who's grieving can help with recovery and overall wellbeing.

**1-888-AETNA-EAP (1-888-238-6232)**

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