

Grief & Loss: What's Normal & When to Seek Help

Grief is a natural response to loss. People may experience grief after the death of a loved one, the end of a relationship, loss of a job, serious illness, or other major life changes.

There is no “right” way to grieve. Everyone experiences grief differently.

Common Reactions to Grief

Grief can affect emotions, thoughts, behaviors, and physical health.

Common reactions may include:

- Sadness or crying
- Anger or frustration
- Guilt or regret
- Feeling numb or disconnected
- Trouble sleeping
- Changes in appetite
- Fatigue or low energy
- Difficulty concentrating
- Withdrawing from others
- Feeling overwhelmed

These feelings can come and go and may change over time.

What Can Help During Grief

Healing takes time, and support can make a difference.

Helpful coping strategies may include:

- Talking with trusted friends or family
- Joining a support group
- Practicing self-care and rest
- Keeping a simple routine

Wyandot Behavioral Health Network

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- Spending time outdoors or staying active
- Allowing yourself to feel emotions without judgment
- Seeking counseling or therapy

Some days may feel harder than others, and that is normal.

When to Seek Additional Support

It may help to talk to a mental health professional if:

- Grief feels overwhelming for a long period of time
- You are unable to complete daily responsibilities
- You feel hopeless or stuck
- You isolate yourself from everyone
- You are using alcohol or substances to cope
- Your mental or physical health is worsening
- You have thoughts of self-harm or suicide

Seeking support does not mean you are failing. It means you are taking care of yourself.

Support Someone Who is Grieving

If someone you know is grieving:

- Listen without trying to “fix” the situation
- Be patient with their emotions
- Check in regularly
- Offer practical support when possible
- Avoid rushing their healing process

Sometimes simply showing up and being present matters most.

Remember

Grief does not follow schedules. Healing looks different for everyone, and it is okay to ask for help along the way.

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Crisis Support

If you or someone you know is in crisis or thinking about self-harm:

- Call or text 988 for the Suicide & Crisis Lifeline
- Call 911 in an emergency
- Go to the nearest emergency room

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