

# GRIEF

Grief is a universal experience. It is usually thought to happen as the result of the loss of a loved one but grief can be the response to a move, divorce, loss of a friendship, or loss of a relationship. Each individual experiences grief in a unique way. There is no correct way to grieve or a timeline for how long grief should last.

Some common responses to grief include: Isolation, social withdrawal, intolerance of others, irritability, loss of interest in others, tearfulness, restlessness, poor concentration, difficulty in making decisions, a sense of unreality, Shock, disbelief, sadness, distress, shame, blame, numbness, anxiety, guilt, fear, regret, anger, helplessness, suicidal, change in appetite, and change in sleeping. These symptoms are a normal part of grief. Individuals grieving need the support of friends and family. They may also need to speak with a mental health professional.

For More Information and Resources:

[Coping with Grief and Loss](#)

[The Warm Place](#)

[National Alliance for Grieving Children](#)

[American Foundation for Suicide Prevention-Grief Resources](#)

[Coalition to Support Grieving Students](#)

[Grief Support - College Station](#)

[Grief Support - Dallas County](#)

[Grief Support - Houston](#)

[Grief Support - Tarrant County](#)