**Recognizing you should seek grief counseling**

Most people who’ve lost a loved one will benefit from talking with a qualified grief counselor, but if you’re experiencing severe emotional distress, grief counseling could be imperative. How can you tell if you need professional support? Here are 13 [signs that indicate you should seek grief counseling](https://www.psychologytoday.com/us/blog/understanding-grief/201708/30-reasons-you-may-need-grief-therapist):

1. You’re having suicidal thoughts and/or persistent [feelings of depression](https://www.wellabe.com/be-informed/loved/whats-the-difference-between-grief-and-depression).
2. You’re experiencing ongoing symptoms of distress, such as crying, insomnia, loss of appetite, increased irritability and anger, or panic attacks.
3. You’re struggling to complete everyday tasks, including basic self-care.
4. You can’t believe that your loved one is really dead.
5. You frequent familiar places, hoping to see your departed loved one there, or avoid locations and situations that may remind you of your loss.
6. You’re abusing substances, like alcohol or drugs, or engaging in addictive behaviors, like gambling.
7. You’re worried about yourself, and/or others have expressed concern for your well-being.
8. You’re withdrawn and avoiding social interaction.
9. You don’t have family or friends to support you, or the people in your life can’t sustain the support you need over the course of a lengthy grieving process.
10. You’re suffering from unexplained illnesses.
11. You’ve experienced multiple losses in a short period of time.
12. You’re feeling bereavement guilt, possibly blaming yourself for your loved one’s death or grappling with regret about your relationship with the deceased.
13. You’re plagued with intrusive thoughts, such as reliving the circumstances of your loved one’s death.

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