



# PROLONGED GRIEF DISORDER

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Grief responses can be very powerful. At times someone might think they are going crazy and it might not get better. There are times when the grief does not seem to be getting better after time or it is impairing a person's life. Grief that doesn't seem to be getting better could be Prolonged Grief Disorder (PGD).

**Some of the symptoms of PGD are:**

*The loss was over 6 months ago*

*The grief is persistent and acute*

- yearning for the deceased
- feelings of loneliness
- preoccupying thoughts of the deceased
- shock
- anger
- difficulty trusting
- potential self-destructive behaviors, i.e. alcohol or drugs
- inability is unable to accept the death
- significant impairment in the activities of daily living
- avoidance of any reminders of the loved one including places and people
- sleeping problems (hyper/insomnia)
- lack of self-care, including hygiene

Medical attention should be sought if there is concern about any of the above.  
If at any time there are suicide or suicidal thoughts If you or someone you know may act on suicidal feelings  
call 911 or local emergency number immediately  
National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to reach a trained counselor