



Coping with Separation and Loss: Signs of Difficulty in Children and Adolescents

A child or adolescent will give clues or signs that she or he is having trouble coping with issues of separation and loss. Look for changes in behavior, which are not usual for your child or adolescent, such as:

- Problems in school such as a drop in grades.
- Acting out behavior at school or at home.
- Aggressive behavior (slamming doors, smashing things, hitting others, temper tantrums).
- No emotions or loss of feelings.
- Over activity (distraction, diversion and hyperactivity)
- Self destructive behaviors such as excessive use of alcohol or drugs.
- Sexual acting out.
- Psychosomatic conditions (acquire symptoms of their love one; more susceptible to infection (ie. colds, ear infections, repeated gastrointestinal upsets, skin rashes or heightened allergic responses).
- Personality changes.
- Retreating from social activities, becoming isolated, excessive sleep.
- Talking about suicide.
- Persistent anger or depressive behaviors.
- May become vulnerable to new separation (separation anxieties).
- May underachieve or overachieve.
- Outbursts of panic, extreme distress, anger, excessive protesting.
- Regression to younger behaviors.

Mental Health Support Contact Numbers:

If your child or family is looking for mental health support, please call North Marin Community Services for a confidential phone assessment: (415) 892-1643, ext 239 (Se habla Español). All services are offered Monday-Friday, 10am-8pm, by appointment. Counseling services are available at NMCS's main facility (680 Wilson Avenue) and at the Novato Wellness Center (1767 Grant Avenue). Counseling Services are available in English and Spanish, provided by licensed Marriage & Family Therapists (MFT), and Post Master MFT interns and trainees. Affordable \$30 per session fee. Visit www.novatoyouthcenter.org for further information.

If you or a family member has an **immediate mental health crisis**, please call **Psychiatric Emergency:** (415) 499-6666. Find more programs in the Bay Area. Call 211 or (800) 273-6222 for free, confidential service in over 150 languages. Thank you.