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# YSU STUDENT COUNSELING SERVICES

## SUPPORTING STUDENTS EXPERIENCING LOSS

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Grief is a natural response to loss that everyone experiences differently.

There is no right or wrong way to grieve.

There are different types of loss including death, life transitions, break-ups, difficult life events, and other changes in life.

### Recognizing the Signs of Grief

- Sudden changes in mood or behavior
- Decline in academic performance or attendance
- Fatigue, tearfulness, or difficulty concentrating
- Increased irritability or emotional reactivity
- Withdrawal from friends, class, or activities
- Expressions of hopelessness, anger, or guilt

### How You Can Offer Support

- Acknowledge the student's experience with care and empathy
- Offer flexibility on deadlines or attendance if possible
- Create a safe space to talk
- Respect that grief looks different for everyone
- Encourage connection with friends, student organizations, or supportive peers
- Share information about campus support resources.

### When to Refer a Student for Additional Support

- Ongoing or escalating distress beyond two weeks
- Disengagement from academics or relationships
- Signs of depression or hopelessness
- Student discloses feeling unsafe or expresses thoughts of harm