



# Teenhelp

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Death - When should I get help?



**Why are my grades slipping?**



Grieving is incredibly exhausting. It often doesn't leave a lot of energy or motivation for other things. Grieving also affects those parts of the brain that enable us to concentrate well and for prolonged periods of time, and so paying attention to anything – a film, school, a conversation – can be very difficult during different parts of the grieving process.

You might well find that the ability to concentrate comes and goes – one day you might be ok, but the next day you're all over the place. Or you might be ok for weeks at a time, and then, suddenly, it all gets too hard again. You, and maybe more importantly those around you like teachers or parents, will have to accept that this is a normal part of grieving and that patience and acceptance will be needed while it lasts.



**When should I get help?**



It's a good idea to get extra help if you feel things are getting worse and worse or if you feel that any of these things are getting out of control.

**If you feel like killing yourself and have thought seriously about how to commit suicide then it's really important that you tell someone about this. That can be your parent or a teacher or even your GP.**

If you start feeling empty all the time you may be depressed. If you think you might be depressed it is important that you seek [help and support](#).