CLÍNICA VIVALDI · FREE SHEET · TRAUMA AND STRESS

Prolonged grief disorder

After the death of a loved one, at least a year later (six months in children), intense longing, pain and difficulty in returning to life persist, beyond what is expected in their culture.

COMMON SIGNS

- Intense, constant longing
- Disbelief or a sense of emptiness
- Can't get on with their life

TIPS FOR YOU

1. Grief has no deadline, but if it keeps you stuck, ask for help
2. Allow yourself to remember and express what you feel
3. Grief therapy helps rebuild the bond

FOR FAMILY AND FRIENDS

1. Mention the person who died: remembering them helps
2. Be there on significant dates

WHEN TO ASK FOR HELP

1. If there are thoughts of being reunited with the person who died: 024
2. If you can't get on with your life

TO OBSERVE AND NOTE DOWN

☐ I feel an intense longing for the person who died
☐ I think about them almost all day
☐ I find it hard to believe they have died
☐ I avoid things that remind me of the loss
☐ I feel part of me died with them
☐ I find it hard to get on with my life
☐ I feel life has no meaning without them
☐ More than a year has passed and I'm still the same

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-duelo-prolongado
- Free guide: Depression: clinicavivaldi.com/en/guia-depresion
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112