



The Irish Childhood Bereavement Network

Factsheet: When does a child need professional help?

Normally natural support networks such as **friends, family, school and community** can provide the support to help a child deal with the death of someone close. However, sometimes, children need to talk to someone professional and the key behaviours that would indicate this are:

Persistent anxiety;

Persistent yearning/longing for the deceased;

On-going aggression;

Social withdrawal, lack of interest in friends and activities;

Self-blame or guilt about the death, believing they were at fault through something they said, have done or thought;

Self-destructive behaviour, hurting themselves or expressing a desire to die or to be with the person who has died is a good indicator that professional support is needed.

If you would further support please visit our [Directory](#) to find a service in your area.

Please see our [Pyramid](#) for a more in depth understanding of the needs of bereaved children.

The Candle Project in the UK has good information and a set of leaflets on children, young people and loss, which are available [here](#).

For further information see: www.childhoodbereavement.ie

Supported by



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