



We're here when your teen needs that extra support

The loss of someone close to you can be really tough on teens, especially if they've never experienced a loss before. Many parents and caregivers may feel like they don't know what to say or do.

When grieving,¹ it's normal for teens to:

- Isolate themselves
- Experience changes in sleep patterns
- Appear more irritable or frustrated
- Feel guilty or sad
- Worry or feel anxious
- Withdraw from usual activities

Grief can feel overwhelming, but support and understanding can make a big difference.

HealthiestYou is here to help your teen

- ✓ Find a therapist who your teen connects with
- ✓ Schedule an appointment 7 days a week
- ✓ Get help anytime, anywhere—by phone or video

Reach out for support today

Visit [HealthiestYou.com](https://www.healthiestyou.com) | Call 866-703-1259

Download the app  

¹[CDC: Grief and loss](https://www.cdc.gov/griefandloss/)

HealthiestYou is now part of Teladoc Health, the global leader in virtual care.

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