

# Honoring Grief and Loss

## Learning how to say goodbye

Experiencing loss can be difficult no matter the circumstance. Your Employee Assistance Program (EAP) can help you cope and provide strategies to grieve in a healthy way.

## LET US HELP

HELPLINE: 866-327-2400

WEBSITE: [www.txhhsseap.com](http://www.txhhsseap.com)

EMAIL: [eap@deeroaks.com](mailto:eap@deeroaks.com)

Always Available | Free | Confidential



YOUR EMPLOYEE ASSISTANCE PROGRAM

