

## YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

# *Bereavement— support for coping with grief and loss*

Coping with the death of a loved one can be very difficult. Bereavement is experienced differently by everyone and there is no right or wrong way to grieve. It is important that you and your family allow yourself the time that you will all need to move through this process. Your EAP is here to assist you, your dependents and household members during this difficult time. We can support you with:

- Availability of our consultants over the telephone, 24 hours per day, 7 days per week
- Articles about the stages of grief and coping with loss
- Legal forms and informational resources
- Practical support with funerals and paperwork
- Help with travel plans
- Assistance with moving forward, such as housing or relocation



**ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.**

Toll-free: **866-327-2400**

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