

# Overcoming grief



Loss and grief are something we likely all experience at some point. It can trigger complicated emotions — from hopelessness and anger to despair — as well as physical changes, such as trouble sleeping or eating.

These reactions can take a major toll on our lives. That's where your Employee Assistance Program (EAP) comes in. With access to tools, resources, and support — all available at no extra cost to you — you'll find ways to:

- Understand and work through different reactions to grief.
- Look for risk factors and signs that someone in grief may need extra mental health support.
- Talk to others who are grieving.
- Work through the stages of grief and learn how to continue with life beyond loss.

## Your EAP is here for you

Lean on these resources when you need help.



### Counseling

Talk to a licensed counselor in person or online. You and your household members can each have up to six visits with a counselor per issue, per year at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



### Emotional Well-being Resources

Access one-on-one coaching and digital self-help tools to help you take charge of your emotional wellness.



Source: Centers for Disease Control and Prevention: Grief (May 26, 2023): cdc.gov.

\* Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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### Get the help you need, 24/7

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Call us at **855-873-4932**.

Scan this QR code with your phone's camera to access your EAP.

