

YOUR EMPLOYEE ASSISTANCE PROGRAM

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 allow yourself the time that you need to move through this process. Your Employee Assistance Program is here to assist you during this difficult time. We can support you with:

- Availability of our consultants online and 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



DEER OAKS EAP SERVICES

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



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