

Coping with

Bereavement-

support for grief and loss

Coping with death can be very difficult. Grief 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.

- Denial, sadness, lack of emotions, guilty feelings, and any other reactions, are completely normal.
- Talk to each other & support each other, if you are able to.
- Set boundaries and say no when needed, even when it's hard.
- Be patient – with yourself and others during this time.
- Take time off if you need it & prioritize your emotional health.
- Reach out for professional help.

If you had had thoughts of suicide, please tell someone. Call or text the National Suicide Prevention Lifeline at 988.

Employee Assistance Programs are designed to provide services that promote the mental health of your employees. Available 24/7 and completely confidential, CorpCare is always here to aid in providing emotional support and mental health counseling for your team. Interested in adding EAP to your organization? CorpCare is here to help. Give us a call today.



CorpCare

877.843.6036

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