

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 Assistant Program is here to assist you during this difficult time. We can support you with:

- Grief and loss counseling
- Counseling support for work or home challenges
- Articles about the stages of grief and coping with loss
- Legal services and informational resources
- Assistance with moving forward after an unexpected life event



McLAUGHLIN YOUNG GROUP
Employee Assistance Program

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: 1-800-633-3353

WEBSITE: WWW.MYGROUP.COM