



Coping with loss.

The loss of a friend, family member, or co-worker can be very difficult. You may be feeling overwhelmed by feelings of sadness, or wondering how you can help the people most affected.

Talking to a counselor can help you get through this very difficult time. Call anytime, for caring, confidential support and help on a wide range of concerns, including how to:



Understand the process of grieving.



Find ways to support your friends, family and co-workers.



Handle your own feelings of grief, anger or anxiety.



Locate support groups and other resources in your community.

You can also access helpful resources at one.telushealth.com

