



Grief Counseling & Support

Experiencing the loss of someone close to you can bring up many emotions. Grief is a normal response to loss and with it can come feelings such as anger, fear, sadness, frustration, and guilt. Your free and confidential Employee Assistance Program, provides resources and support to help cope with the emotional challenges that come with loss.

- Immediate Connection to a Mental Health Professional
- Access to free counseling sessions with a counselor near your home or work to help with the emotions surrounding grief
- Grief counseling over the phone
- Online access to work/life tools and resources via your personal web-portal

Available to you and your eligible family members!

1.800.327.2255 | Log-on at www.nexgeneap.com | Mobile App: NexGenEAP