



GuidanceResources®

# The Loss of a Loved One

We all deal with the death of a friend or loved in different ways. For some of us, the reality of losing someone close to us can be overwhelming. Remember, there are resources available to help you during this difficult time.

Your ComPsych® GuidanceResources® Employee Assistance Program offers experienced clinicians, financial specialists and staff attorneys for confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week, online or by calling a toll-free line.

## Call anytime for concerns such as:

- Anticipatory grief
- Choosing hospice care
- Coping with grief
- Receiving an inheritance
- Serving as an executor

COMPSYCH®  
GuidanceResources® Worldwide

 Guardian®



24/7 Live Assistance:  
Call: (855) 239.0743  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: Guardian

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