

COPING WITH LOSS:

A Guide to Bereavement



National EAP is here for you!

Dealing with grief and loss can be one of life's most challenging experiences. During this difficult time, it is crucial to know that you are not alone.

Your Employee Assistance Program is available to provide support, compassion, and resources to help you navigate your bereavement journey.

- 24/7 access to confidential, EAP Support
- EAP Counseling and Referral Services
- Articles about the stages of grief and loss on the National EAP Member Website
- Assistance with moving forward

Explore our Member Portal for resources on Grief & Loss

[CLICK HERE](#) To log into your member portal using your Company Name as the Username and Password.



Select the "Self-Help" Tab on the top of your Member Homepage then select "Grief and Loss" for more information.

Click on the links below to learn more about grief and loss:

- [Grief, Bereavement, and Loss](#)
- [Coping with Grief and Loss](#)
- [Bereavement and Grief](#)
- [10 Grief Counseling Therapy Techniques & Interventions](#)