

# 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.

As your Employee Assistance Program (EAP), we 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 Member Portal](#)
- [Assistance with moving forward](#)

## Resources to Help Navigate Grief and Loss

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



### **Need Help?**

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

**Discover how National EAP can support you during times of grief:**

### ▶ **Wysa: Mental Resilience App**

- Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



### ▶ **Member Portal**

- Access timely articles, tip sheets, and expert guidance on managing stress, navigating difficult emotions, and building resilience.



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

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