The death of a loved one is probably the single most difficult challenge we may experience. Grief can often leave someone feeling overwhelmed and affects people in different ways.

As part of the employee benefits provided, we offer bereavement support to the immediate family, to help cope with the loss of a loved one. We’ve teamed up with Health Assured who can provide you with the support to deal with the grief of loss or anxiety that you may be going through, as well as advice on any practical concerns that you may have.

Health Assured have specialist professionals who can provide information to help you with:

- **Emotional issues;** stress, coping with grief, returning to work after bereavement and planning for the future.
- **Financial issues;** tracing a pension, tax, dealing with a deceased person’s debts and paying for a funeral.
- **Legal issues;** dealing with an estate, getting probate, wills and intestacy.
- **Practical issues;** social security benefits and caring for an elderly widowed relative.
Where appropriate, a total of up to five free face-to-face counselling sessions can be provided to help cope with bereavement and grief, and the symptoms that come with it. This is available to the immediate family of the deceased employee, which can include the spouse, partner, registered civil partner, parents, siblings, children and carers.

Simply call Health Assured on 0800 072 9612 to benefit from this service. Freephone for all landline users. Call charges may vary for mobile phone users. You should check call charges with your network provider.

We may record and monitor calls.

Health Assured’s EAP is one of the few in the market that is accredited by the British Association for Counselling and Psychotherapy (BACP) as well as the Employee Assistance Professionals Association (EAPA). They use highly qualified and skilled counsellors, who provide services confidentially with no information shared with any third party, including us.