Dealing with the Loss of a Loved One

No two people cope with grief in the same way. But everyone struggles when a loved one dies. That's why it is important to seek support during these difficult times. Your GuidanceResources® Employee Assistance Program (EAP) can help.

Whether you are dealing with grief or anger, having a hard time making ends meet or just need someone to talk to, we're here for you. Contact us for:

- Short-term counseling
- Locating local support groups
- Making funeral arrangements
- Understanding wills and trusts
- Clarifying tax issues
- Finding child or elder care providers
- And more

Call us anytime, 24 hours a day, seven days a week, to speak with a GuidanceConsultant®. Additional resources are available on www.guidanceresources.com and use your company Web ID to log in.

CALL UW CARELINK
24 hours a day, 7 days a week

866-598-3978
TDD 800-697-0353