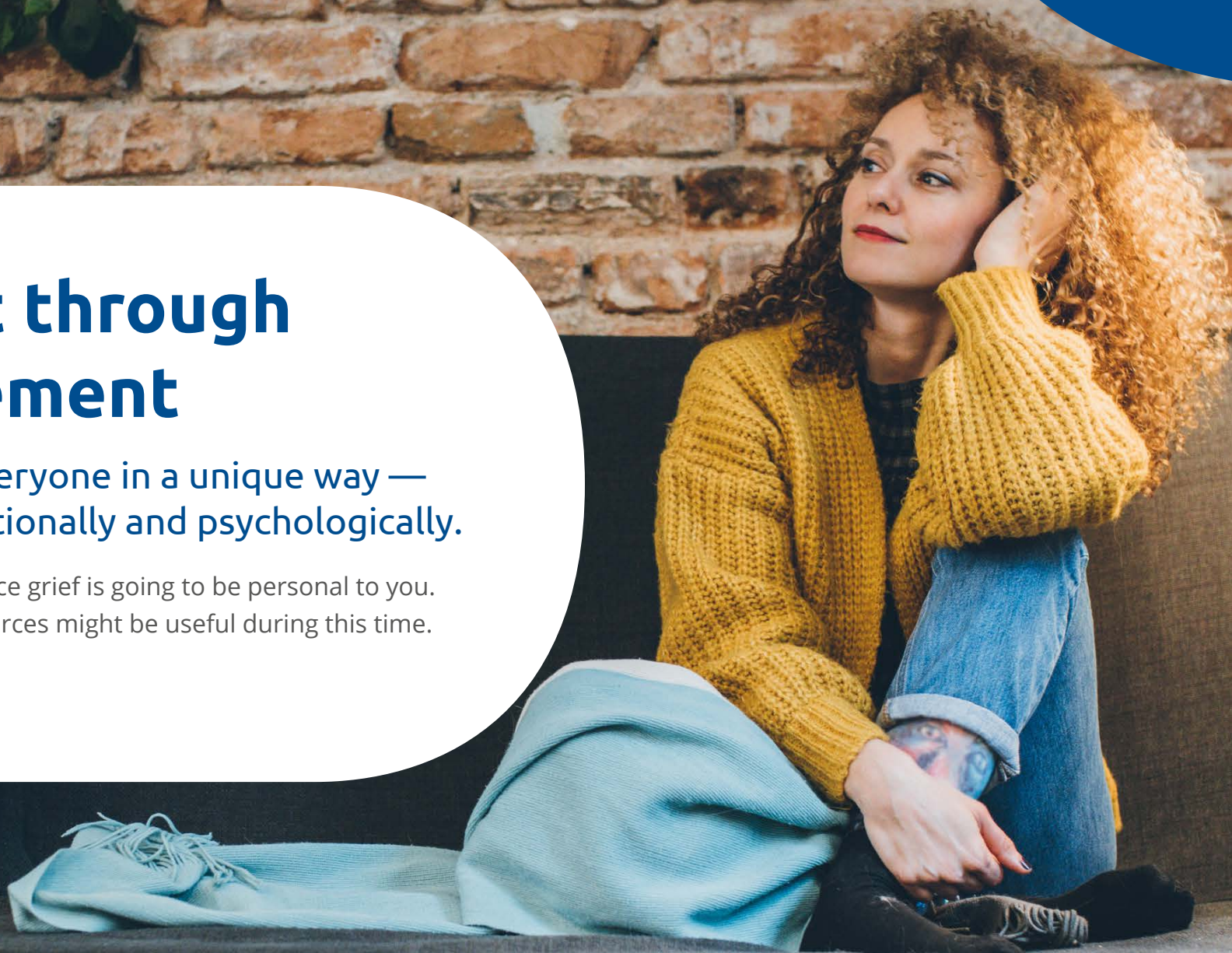


# Support through bereavement

Grief affects everyone in a unique way — physically, emotionally and psychologically.

However you experience grief is going to be personal to you. This collection of resources might be useful during this time.





# Bereavement resources

Below are some valuable resources to help support you and your loved ones. These resources look at how to cope immediately after your bereavement, as well as dealing with your feelings as time passes and you return to work. It's incredibly important to communicate with your family and friends — as well as talking to your employer to find out what support is available to you.

**We hope you find these support tools helpful.**

› How we grieve

Grieving is something that most of us will have to face in our life, but there is no set path and everyone grieves differently.

› Why is my partner grieving differently

Following a death within the family, we may expect grief to be similar because of the shared experience – but grief is individual and a partner may grieve in a very different way.

› Tell us once

Reporting a death to most government departments in one place.

› Support after suicide

Support and information following a suicide.

› Managing grief

Tools and ideas that you might want to use to help support yourself.

# Bereavement support and services with Help@hand<sup>®</sup>

If you have suffered or are supporting someone who has suffered a bereavement, Help@hand has a number of resources which could help you.

## Counselling

Help@hand has a network of counsellors who can help support you through bereavement. You can access this service without being referred and you can choose the mental healthcare professional you would prefer to talk to.

Unlimited mental health support is available to you and your partner through Help@hand. In the case of a bereavement, this is extended to include children aged 16 to 18, or up to 24 if in full-time education.

## Practical assistance

If you need a hand with any of the practical issues that arise following a death – for example finding local providers or resources – you can call the 24/7 helpline.

## Legal support<sup>1</sup>

If you have a legal question and don't know where to turn you can call the helpline for get expert legal guidance<sup>2</sup>.

Personal legal support is available between 8am and 8pm Monday-Friday (excluding Bank Holidays).

1. Legal and financial support available to those insured under a Unum Group Income protection, Group Critical Illness or Group Life insurance policy.

2. One consultation per issue.

## Financial support<sup>1</sup>

Call the helpline for financial support, guidance and signposting to verified trusted services.

## Wellbeing resources

It's important that you take the time to look after your own wellbeing. Help@hand contains a wealth of resources, including podcasts and interactive webinars, as well as a range of articles which can help you.

If you haven't already, you can download the **Help@hand app** from the **App Store** or **Google Play** and set up an account. You will need a password - if the temporary password has expired from your welcome email, use 'Forgot Password' to log in.

If you have already set up an account or you have a question, you can call anytime on **0808 304 3698**.

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