



Resources *for* Living®

Support with grief and loss

Grief is a natural reaction to losing someone or something important to you. Getting through it isn't a simple task. Everyone expresses and processes grief in their own way and on their own timeline.

Understanding grief may help you deal with your loss. We've put together resources that may assist you. And remember: You can always call us for in-the-moment support, resources and referrals. We're here for you 24/7.

**We're always here
for you and your
household
members. Call us
day or night.**



**Understanding and dealing with
grief and loss guidebook**



**Let's Talk: Coping with grief and
loss video | Transcript**



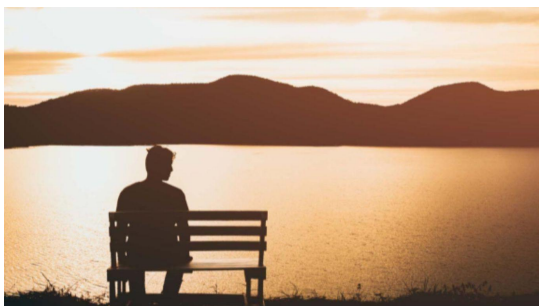
**Recognizing and coping with
sadness after a loss**



Complicated grief



**Coping with an unexpected
death**



**Stages of recovery from trauma
and loss**

This information was brought to you by Resources For Living.