



Coping with loss.

The loss of a friend, family member, or co-worker can be very difficult. You may be feeling overwhelmed by feelings of sadness, or wondering how you can help the people most affected. At the same time you may be expected to continue your daily routine of work and family life despite how you're feeling.

Talking to a counsellor can help you and your co-workers, friends and family get through this very difficult time. Call anytime, for caring, confidential support and help on a wide range of concerns, including how to:



Understand the process of grieving.



Find ways to support your friends, family and co-workers.



Handle your own feelings of grief, anger or anxiety.



Locate support groups and other resources in your community.

You can also access helpful resources at one.telushealth.com