canada life™

Bereavement Counselling

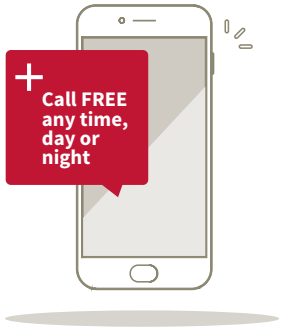
Expert bereavement support

Losing someone close can be devastating – no one should go through it alone. Our bereavement counselling service gives you time and space to talk about your feelings.

It provides access to a dedicated helpline and up to four telephone sessions with a qualified counsellor.

The service includes:

- Access to a dedicated bereavement counselling helpline
- Up to four structured telephone counselling sessions[1]
- Confidential support and advice from HCPC registered Psychologists
- Practical advice on areas including self-help, relevant charities and other support groups



FREE[2] to use for:

- All UK-based employees covered by a Group Life Insurance policy.
- Your immediate family members, which includes any spouse, partner, parent or sibling living in the same household; any legal dependant under the age of 21 and in full time education; or any other legal dependant who is dependent on the member because of disability.

1 Adults (18+) receive, based on clinical assessment, up to 4 structured telephone sessions. Children (under the age of 18) are eligible for a 90-minute session.
2 Free for all service users as the Support Service costs are absorbed with the Group Insurance policy premium.

This service is a non-contractual benefit provided through Canada Life and can be altered or withdrawn at any time.

More information is available on our website: www.canadalife.co.uk/group

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