

Ryan's Story

All of a sudden

Ryan is the manager of a small office just outside of London. It started off as a usual working day until one of his employees, Amy, collapsed. An ambulance was called immediately, but unfortunately she was pronounced dead at the scene. The cause of death was a subarachnoid haemorrhage, triggered from a ruptured brain aneurysm, something Amy and her family were completely unaware of.

Help needed quickly

Ryan had never experienced anything like this before. His staff were visibly distressed and he didn't know how to help. The incident happened on a Thursday so he closed the office on the Friday to help everyone come to terms with what happened.

He decided to use Bereavement Counselling, a Support Service provided as part of the company's Group Life Assurance policy. A counsellor was arranged to visit the office on the Monday.

Over the weekend, Shelley (the counsellor) created a plan for the day. She contacted Ryan and briefed him on what to expect Monday.

Monday

Shelley arrived first thing in the morning and spoke to a number of people, both individually and in groups throughout the day. The feedback Ryan received in regards to Shelley's help was extremely positive giving crucial advice to those affected the most.

"Thankfully it's not every day that something like this happens, but it's good to know that we have this support available."

For more information, visit

www.canadalife.co.uk/group/berereavementcounselling



**ANYONE
CAN DEVELOP A
BRAIN
ANEURYSM
AT ANY AGE**

60%

**WHO SUFFERED A
SUBARACHNOID
HAEMORRHAGE DIE
WITHIN 2 WEEKS**

50%

**OF THOSE WHO
SURVIVE ARE LEFT
WITH SEVERE
BRAIN DAMAGE**

**1 IN 12,500
PEOPLE HAVE A RUPTURED BRAIN
ANEURYSM IN
ENGLAND EACH YEAR**



<http://www.nhs.uk/Conditions/Aneurysm/Pages/Introduction.aspx>

How to reduce your chances of suffering a brain aneurysm

You can't always stop a brain aneurysm, but you can take steps in helping to prevent one. The two best prevention methods are:

1 Stop smoking

- Ask your GP to refer you to an NHS stop smoking service, or phone the Smokefree National Helpline on

0300 123 1044

for free expert advice.

2 Lower your blood pressure

- Eat a healthy diet.
- Moderate your alcohol intake.
- Maintain a healthy weight.
- Exercise regularly.
- Cut down on caffeine.

<http://www.nhs.uk/Conditions/Aneurysm/Pages/Prevention.aspx>

Our forms are available to download from our website: www.canadalife.co.uk/group

Canada Life Limited, registered in England no. 973271. Registered Office: Canada Life Place, Potters Bar, Hertfordshire EN6 5BA.

CLFIS (UK) Limited, registered in England no. 04356028 is an associate company of Canada Life Limited. Registered Office: Canada Life Place, Potters Bar, Hertfordshire EN6 5BA.

Canada Life Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

GRP1359 – 1017R



Powered by
LifeWorks

Canada Life Limited
3 Rivergate, Temple Quay, Bristol BS1 6ER
Telephone 0345 223 8000