

HEALING TAKES TIME. SUPPORT CAN HELP



Grief can look different for everyone:

- Feelings of sadness or loneliness
- Changes in sleep or appetite
- Feeling overwhelmed
- Withdraw from family and friends
- Trouble adjusting
- Feeling “stuck” on how to move forward



Grief is a natural response to loss, but that does not mean you have to go through it without support.

Best Care EAP website:



Did you know?

- Best Care EAP is available for you and your dependent eligible family members
- Best Care EAP offers multiple options for care
- Best Care EAP services are confidential

