



# Handling a loss, together

## How LifeWorks Can Help



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 LifeWorks counselor can help you and your co-workers, friends and family get through this very difficult time. Call anytime, day or night, 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 log in any time to the LifeWorks platform ([login.lifeworks.com](https://login.lifeworks.com)) to access helpful articles and resources, such as:

- [Grief and Loss Toolkit](#)
- [Coping with Grief and Loss](#)
- [Coping with the Death of a Co-Worker](#)
- [Coping with Fears Following a Traumatic Event](#)
- [How to Use the Employee Assistance Program](#)
- [Choosing a Counselor or Therapist](#)

Log in any time to [metlifeeap.lifeworks.com](https://metlifeeap.lifeworks.com)

User ID:

Password:

Call us, toll-free:

En Español:

Download the "LifeWorks" app.

