

# Bereavement Counselling



**24/7  
bereavement  
support**

**Losing someone close can be devastating - no one should go through it alone. Talking to family and friends can help, but sometimes you might need extra support.**

Bereavement Counselling gives you time and space to talk about your feelings. It provides unlimited access to a 24/7 helpline and up to four sessions with a qualified counsellor.

**FREE**<sup>1</sup> to use for:

- ✓ UK-based employees covered under a Group Life Assurance policy
- ✓ Immediate family members if the employee passed away<sup>2</sup>
- ✓ Colleagues in the workplace

Call **FREE** any time, day or night<sup>1</sup>

**0800 912 0826**



**Canada Life**

# What's included?

## The service includes:

- ✓ 24/7 unlimited access to a Bereavement Counselling helpline
- ✓ Up to four face-to-face, or structured telephone sessions, with a qualified bereavement counsellor at a convenient location close to home or work
- ✓ Practical advice on areas such as self-help, charities and other support groups
- ✓ Confidential advice accredited by the British Association for Counselling and Psychotherapy (BACP)
- ✓ Access to helpful articles, podcasts and support on grief and loss

Access to bereavement counselling experts over the telephone

0800  
912  
0826

You will be asked which company you work for.

<sup>1</sup> Free for all service users as the Support Service costs are absorbed with the Group Insurance policy premium.

<sup>2</sup> Immediate family of deceased member which includes spouse, partner, registered civil partner, parents, siblings, children over 16 or carer.



Powered by  
**LifeWorks**

Our forms are available to download from our website: [www.canadalife.co.uk/group/bereavementcounselling](http://www.canadalife.co.uk/group/bereavementcounselling)  
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