

Help with Grief and Loss

Whether you lose a family member, a friend, or someone in your care, we want you to know that you are not alone. Help at Home offers many resources to help you with grief and loss.

How Do You Want Help?

I want to talk to someone.



Health Advocate has **free**, private counseling sessions

Just call
877-240-6863

Or email
answers@HealthAdvocate.com

I want to text someone.



CirrusMD has **free**, instant digital access to doctors

Reaching a doctor is as easy as texting a friend

Download the CirrusMD app or visit www.mycirrusmd.com

I want to explore on my own.



Health Advocate has **free**, self-guided help online

Just visit
HealthAdvocate.com/members
Click “Learn More” under Access Self-Guided Help

ENROLLED IN A PANAMED PLAN?

With a PANAMED Plan, you can use doctor visits and hospital care for emotional health. The benefits are based on which plan you choose.

	PLAN 1	PLAN 2
Doctor Visits	Pays \$80 per day, up to 6 days per calendar year*	Pays \$50 per day, up to 180 days calendar year**
Hospital Stays	Pays \$100 per day, up to 6 days per calendar year*	Pays \$300 per day, up to 180 days calendar year**

* This benefit is based on the diagnosis and CPT code that is billed by your provider

** You must be diagnosed and admitted as an inpatient into a mental illness unit

Caring For Yourself

Feelings of grief are normal and healthy while healing. Give yourself patience and practice self-care each day. Here are some ideas:

- Take a walk, read a book, or take up a craft.
- Eat well and get a good night's sleep.
- Write out your feelings in a journal.
- Keep up with your relationships outside of work.
- Be alert for red flags. Self-medicating, overeating, or feeling exhausted are signs it's time to seek help from a counselor.

TIME AWAY FROM WORK

You may be able to use your available Paid Time Off (PTO) days for bereavement. Talk to your manager about what days you may be able to take.

Funeral Planning Guidance

Health Advocate can also help with planning a funeral. Learn about funeral types and costs, choosing a funeral provider, military funeral honors, and COVID-19 funeral assistance.

To learn more, call 877-240-6863, visit www.healthadvocate.com/hah, or email answers@HealthAdvocate.com.

Financial Support

Your loss may change in your financial situation. Health Advocate has hundreds of articles and webinars to help you create a monthly budget, build savings, and manage debt. To learn more:

- Call 877-240-6863
- Visit www.healthadvocate.com/hah
- Or email answers@HealthAdvocate.com

Looking For More Resources?

You can also find support outside of Help at Home. Here are two well-known organizations:

- **The Institute on Aging:** A champion for older adults and those who care for them. Check out [Grief and Loss for Professional Caregivers](#).
- **Vitas Healthcare:** Offers tools to help you and others in times of grief. Find free, online support groups and more at [Vitas Healthcare](#).

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline provides free, private support to people in suicidal crisis or emotional distress 24/7 across the U.S.

The Lifeline has over 200 local crisis centers. Calls are routed to the Lifeline center closest to you, and can provide you with local resources.

If you or someone you know is in crisis, call or text 988.

Servicios En Español: <https://988lifeline.org/es/servicios-en-espanol/>

