

Coping with the loss of a coworker?

EAP is here to help you through it.

There's no right or wrong way to grieve.

It's normal to go through a roller coaster of emotions, like:

- Shock and disbelief
- Anger
- Resentment
- Guilt
- Sadness and a sense of helplessness
- Fear and anxiety
- Acceptance of your loss

Take care of yourself and each other by:

- **Acknowledging the loss.**
- **Expressing concerns to your manager or HR.**
- **Exercising, eating well and sleeping** to help both your mind and body cope.
- **Saying goodbye.** Attend your coworker's funeral, help with a memorial service or fundraise for the surviving family.
- **Getting outside support** from friends, loved ones and professionals.



Your EAP is also here to offer you emotional health resources, including counseling services, self assessment tools for depression, a digital library of well-being articles and crisis intervention at no cost to you. We're available 24/7, 365 days a year. When you contact us, you'll reach a real person dedicated to your immediate needs.

Call your Employee Assistance Program (EAP) at 800-999-7222 today or visit anthemEAP.com and enter SISC.

Anthem 

Source: Be Well at Work: *Coping with the Death of a Co-worker* (accessed July 2018): <https://uhs.berkeley.edu>.

All EAP services are confidential and available to you and members of your household at no extra cost. No one will know that you've contacted us unless you give permission in writing.

*In accordance with federal and state law, and professional ethical standards.

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