

Support when you need it the most

Bereavement counselling and assistance



Grief can seem overwhelming and can affect different people in different ways. But you don't have to cope with this on your own. As part of the group life insurance policy that your relative was covered by at their work, their immediate family can have access to free bereavement assistance and counselling by highly qualified professionals. This is part of our Employee Assistance Programme, provided by Spectrum.Life.

Highly experienced specialists can help you to cope with the grief, anxiety or stress you may be going through. They can help with:



Emotional Issues

Dealing with grief, returning to work or how to plan for the future



Financial Issues

Handling tax, finding accounts, dealing with debts



Legal Issues

Managing your loved ones estate and dealing with probate and wills

If needed, you can also receive up to eight free counselling sessions in whatever way suits you – face to face, telephone or online.

This is available to the immediate family of your relative. Immediate family members include spouse, partner, registered civil partner and children aged 16 to 24 in full-time education, who lived in the same household as them.

**Support is just a phone
call away, and lines
operate 24/7**

Call Spectrum.Life on
0800 072 9612