

Living through Grief and Loss



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Take the path from grief to acceptance

You or your family member may experience a range of emotions while grieving. Finding a way to live through the grief is often one of life's biggest challenges. If you or your family member are grieving, please consider calling First Sun EAP for support and resources. We can help you get the necessary care to get through this difficult time.

Symptoms of Grief

- Shock and disbelief
- Sadness
- Guilt
- Loneliness
- Apathy
- Anger
- Fear
- Anxiety

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services