

Grief counseling program: *Guiding you to recovery.*

When people experience loss, they sometimes benefit from a helping hand. Our partner, Lucet, offers grief counseling at no cost to you. Talking with a grief counselor can support you as you heal during this difficult time.

How Grief Counseling Works

Grief counseling with a Lucet clinician is free of charge to you and services are confidential. To schedule a face-to-face appointment with a counselor in your area, call **800-624-5544**. You will have up to three counseling sessions to help support you through the grief process and discuss issues that affect you.

Why Do I Feel This Way?

This question is one that many people ask. When you experience the loss of a loved one, you may have reactions that seem confusing. You may have mixed feelings, experience numbness, or wonder about angry feelings or if your sadness is too severe. You may question how long it will take to start feeling “normal” again.

Grief has a lot of different faces and many different types of feelings are natural. By letting yourself “be” where you are right now and talking about these feelings, you will learn about ways to survive loss while giving yourself ample time to recover.

Recovery From Loss

People say “time heals all things,” and it’s true that painful feelings tend to lessen with time. Maybe you’ve asked the question: “How much time?” The answer is: it depends.

The amount of time it takes to move through the stages of grief is individual. You can learn more about your personal reaction to grief and perhaps improve the timing of your recovery by talking with a qualified grief counselor.

To understand more about your feelings and learn different ways of coping with your loss, or if you’re dealing with a terminal illness, please call Lucet and schedule a grief counseling appointment.



◆ Your well-being is our priority. Call 800-624-5544 for support.