



In your time of need

We're there for you when you're experiencing grief and loss



A more human resource.™

It is difficult to cope with a loss. During this time, our collection of resources and compassionate guidance can help you through one of life's most challenging transitions.

As you face a loss, we're here to help

We're here to provide the personalized research, guidance and resources you need to arrange what you need. You have access to three EAP sessions, and we can help locate grief support such as local support groups and counseling to help you through this time.

Access resources to help you cope, heal and move forward:

- Visit our grief & loss library for content with an informed perspective
- Learn the facts about coping with grief
- Read about how to support others through grief
- Explore tips for talking to someone who is hurting
- Get strategies to help understand & manage stress
- Consider techniques to become an effective listener

Call Toll-Free, 24 Hours a Day

- **1-866-574-7256** (1-800-873-1322 TTY). Please mention your affiliation with ADP TotalSource.
- To access the **LifeCare website**, log in to My TotalSource® and click **Myself→Benefits Program→Life Management** and select **EAP portal**. First time users can register by completing the one-time process.

LifeCare®