



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 your relative was covered by their employer's Group life insurance policy, immediate family* can have access to free bereavement assistance and in the moment counselling by highly qualified professionals. This is through our Employee Assistance Programme provided by Spectrum.Life.



Bereavement Counselling

Highly experienced specialists can help you to cope with the anxiety and stress you may be going through and help with emotional issues such as dealing with grief, returning to work or how to plan for the future.

You can call the helpline as many times as you need to and get in the moment support from a counsellor. Follow up calls may also be offered. If, after a period of time (usually around eight to twelve weeks), you find you're still struggling, structured counselling support could be considered as an option. If deemed clinically appropriate, you could receive up to eight free counselling sessions in whatever way suits you – face to face, telephone or online.

Legal and Financial Support

You can also get support on financial issues such as handling tax, finding accounts, dealing with debt, as well as legal issues such as managing your loved ones estate and dealing with probate and wills. Please be aware that for each individual issue, you can only access the legal and financial helpline once within a 12 month period.

* Immediate family members include spouse, partner, registered civil partner and children aged 16 to 24 in full-time education, who live 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

