Coping with the news of a difficult diagnosis.

The news that a loved one is terminally ill can be very difficult to handle. You may be feeling overwhelmed by complex emotions, at a loss for words, or wondering how you can support the people around you.

Talking to a caring, professional consultant from the Legal, Financial & Grief Resources program can help. Call anytime, day or night, for expert, confidential assistance with a wide range of questions and concerns, including how to find ways to talk with and support friends and family and handle feelings of grief and helplessness.

You can also visit www.lifeworks.com to access helpful resources like brief podcasts including Coping with Grief and Loss, or a recording, Finding Strength in Family and Community. You can also read articles like:

- When Someone You Love is Diagnosed with a Terminal Illness
- Helping Someone You Love During the Last Stage of Life
- Handling Financial, Legal, and Medical Matters When Someone You Love is Terminally Ill
- Understanding Hospice Care
- and many more

(username: lfg; password: resources)

Call Legal, Financial & Grief Resources at 877-849-6034 anytime.
TTY/TDD 800-561-9504
You can also visit www.lifeworks.com