

Finding support after a loss



Connect with Here4TN Emotional Wellbeing Solutions

If you've experienced a loss, it's important to find support. Some people find friends and family helpful. Others look to community organizations or professional support. Wherever you find support, accept it and don't grieve alone. The caring team at **Here4TN** can help too, by offering in-the-moment support and, if you choose, connecting you with grief counseling.

What is Here4TN Emotional Wellbeing Solutions?

Here4TN Emotional Wellbeing Solutions can help you with family concerns, financial issues, separation and divorce, substance use, stress and anxiety, and more. When you call, you'll speak confidentially* with a specialist who can help you:

- Find an in-network provider
- Get referrals or prior approval for services
- Receive a no-cost initial legal consultation
- Connect with a financial expert for a no-cost 60-minute telephone consultation and more

You can also visit [Here4TN.com](https://www.here4tn.com) to search for a provider.

*The service is confidential in accordance with the law.

Talk with a specialist who cares, 24/7

855-Here4TN
(855-437-3486)

Unlimited telephonic consultations and referrals. Receive five no-cost counseling visits per issue, per individual, per year if you need to see a provider.

Visit [Here4TN.com](https://www.here4tn.com)

- Provider search
- Claims and coverage information
- Wellbeing tools, articles and videos

The way you grieve has a lot to do with who you are, including your personality and resiliency, among other factors.

As you learn about coping, don't judge yourself or your emotions, and don't let anyone else. It's normal to experience a range of emotions, and there is no set timetable for the grieving process.

For additional tips, or to find a support group near you, call **Here4TN**.

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1. **Talk to a Here4TN grief counselor.** Find support managing your emotions and learn about barriers to grieving.
2. **Lean on your support system.** Reach out to friends and family, letting them know what you need, whether it's a good listening ear or help making plans for a memorial service. You may find it helpful to join a support group to connect with others who have had an experience similar to yours.
3. **Follow your faith.** If you're religious, you may find comfort in following your religion's mourning practices. After a loss, some people may have questions about their faith. Speak with a leader or member of your religious community for help addressing your questions.
4. **Don't ignore your feelings.** Recognizing your feelings is important to the grieving process. Acknowledging your feelings can help you avoid related difficulties that may come up, like depression, anxiety or other health issues.
5. **Find new ways to express yourself.** There are several creative things you can do to help yourself grieve. For example, journaling to detail your feelings, writing a letter to express feelings you weren't able to share, or gathering photos or memorabilia to create an album.
6. **Focus on your health.** Remember the mind-body connection. When your body feels good, your emotions tend to follow. Fend off stress by improving sleep, eating and exercise habits. Don't try to suppress pain or grief by using drugs or alcohol.
7. **Prepare for milestones.** Know that it's normal for milestones like anniversaries or time frames such as the holidays to cause an emotional response. Plan ahead. For example, if you'll spend the holidays with relatives, talk to them beforehand and decide what you can do together to honor your loss.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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