Grief Counseling Program

Guiding You to Recovery

MedMutual Life Insurance Company knows that when people experience loss, they sometimes benefit from a helping hand. Our partner, New Directions® 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 New Directions 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 1-800-624-5544. You will have up to three visits to learn about the grief process and discuss issues that affect you personally.

Understanding Why 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 puzzling. You may have expected to feel a certain way but you feel something else. You may have mixed feelings or numbness. You may wonder about angry feelings or if your sadness is too severe. You may wonder 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 youself ample time to recover.

Recovery From Loss

People say "time heals all things," and it's true that painful feelings tend to fade in 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 very 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, please call New Directions and schedule a grief counseling appointment.

Contact your Employee Assistance Program (EAP) at 1-800-624-5544 or visit NDBH.com for more information.

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A Medical Mutual Company