

## Beneficiary Assistance Program

# Guiding you to recovery.

When people experience loss, they sometimes benefit from a helping hand. As a USable Life beneficiary, you can receive 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 yourself 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, or if you’re dealing with a terminal illness, please call New Directions and schedule a grief counseling appointment.

**Contact 1-800-624-5544 and let the representative know you’re calling about the Beneficiary Assistance Program (BAP) through USable Life.**

Connect with us today to learn more.

800-624-5544