

Coping When a Loved One is Ill

No one can prepare us for when sickness strikes someone close to us. Illness has a way of sweeping the rug right out from under all of us.

Some illnesses are chronic, part of our loved one's day-to-day existence – and ours as well. Others may first appear in the form of a suspicious lump, a questionable lab result, or an accident. **Whether chronic or acute, you've got a lot on your mind, heart, and plate.**

You are not alone. Allow others to help, find quiet moments for reflection alone as well as connection with your loved one who is ill, and if you begin to feel your level of distress is overwhelming, reach out and talk to someone you trust.

Here when you need us.

The ComPsych GuidanceResources EAP is a complimentary program that provides confidential assistance to you and your household family members with life issues including emotional support, work-life solutions, legal guidance and financial resources. Our guidance consultants will talk to you about your specific needs and connect you with the appropriate resources and/or counselors.

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