

Individual Grief & Loss Resources

Employee Assistance Program (EAP)

The EAP is confidential, available for you and your loved ones and has telehealth counseling appointments available from your home.

To schedule a phone or videoconference appointment with an EAP Counselor:

- Call 800.456.6327 toll-free to reach our 24/7 Access Center.
- Email info@perspectivesltd.com (please include your Name, Phone Number, & job position) for an appointment.
- Log in to your WorkLife Online Portal for access to articles, child care databases, resources on resilience & many more helpful resources.
- Live Chat with a counselor (either click the “live chat” button in the bottom-right corner of your company features’ page or use the “Tap for Chat” button in the Spark App).

Spiritual Care

Spiritual Care provides spiritual and emotional support to patients, families, and employees. Chaplains work with persons of all faiths and with those with no religious preference, drawing upon spiritual resources for healing and wholeness. Chaplains are available to listen to concerns and offer spiritual nourishment and support.

Chaplains are available 24 hours a day by contacting your local hospital operator.

Bereavement & PTO

Staff is encouraged to take the time needed to grieve and recharge. Please refer to our [Bereavement Pay](#) and [PTO](#) policies.

Local Grief Support Resources

Journey Care Grief and Loss Services

Northwestern Medicine’s Preferred Provider
224-770-2273

Center for Grief Recovery

Chicago, IL
773-274-4600 | griefcounselor.org

Rainbow Hospice and Palliative Center

Includes Spanish-Speaking Groups
847-653-3141 | rainbowhospice.org

The Family Institute at Northwestern University

Chicago, IL
847-733-4300 | family-institute.org

Reach out to your HR Business Partner for more information.