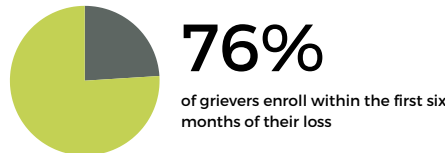
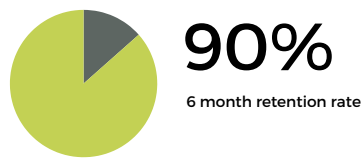


# Grief Support Capabilities for Wellness Programs and EAPs

Wellness Programs are increasingly called upon to support grieving employees, but counselor shortages, long waitlists, geographic barriers and limited session counts make it hard to support the often unpredictable experience of grief. Supporting grieving employees improves well-being and differentiates employers in today's competitive talent landscape.

## Expert support with Help Texts:

Help Texts delivers personalized, year-long grief support via text message—individualized based on cause of death, age, relationship, and more. Texts are curated from the wisdom of over 100 world-leading experts, including therapists, hospice nurses, doctors, thanatologists, and neuroscientists. Text support is tailored to each employee's specific situation and helps to protect workplace productivity, reduce absenteeism, and increase retention.



Nearly half of working-age Americans are grieving a recent loss. Grieving employees experience reduced productivity and increased absenteeism, costing US businesses over \$113 billion annually. With unsupported employees 56% more likely to leave their company, helping them through their grief isn't just compassionate care—it's a strategic investment in your organization's workforce, efficiency, and bottom line.

## How We Support Employers:

### STRENGTHEN EMPLOYEE WELL-BEING

- Reach multilingual and geographically dispersed teams
- Provide specific support for navigating grief at work

### PROTECT WORKPLACE PRODUCTIVITY

- Reduce the leading cause of absenteeism
- Prevent workplace errors and accidents
- Provide consistent support without expanding headcount

### INCREASE UTILIZATION AND ENGAGEMENT

- Send custom texts with HR benefit reminders
- Extend care beyond limited counseling
- Generate valuable engagement data to demonstrate program effectiveness

### EMPOWER LEADERS AND TEAMS

- Train managers through specialized texts
- Texts for colleagues who want to help

## A Range of Well-being Support:

Today's employees face numerous challenges beyond grief alone. Help Texts provides comprehensive support across multiple life transitions:

- **GRIEF** support for loss of loved ones
- **PREGNANCY LOSS** support
- **PET LOSS** support for the often-overlooked grief of losing animal companions
- **CAREGIVER** support for employees caring for loved ones with terminal diagnoses
- **HEALTH & WELL-BEING** support for depression, anxiety, divorce, thoughts of suicide, and more

**Navigating life's challenges can be hard.  
Getting support doesn't have to be.**

Want to learn more? Visit [helptexts.com/wellness-programs](https://helptexts.com/wellness-programs)