

# Navigating Through Grief and Loss

## ONLINE SEMINAR

### Learning coping skills for grief

Discover ways to say goodbye and healthy steps to manage the five stages of grief.

### LET US HELP

Visit your home page starting February 17th

- Go to <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown
  - ❖ USERNAME: **MSU**
  - ❖ PASSWORD: **MSU**

TOLL-FREE: **800-413-8008 #2**  
WEBSITE: [www.mbh-eap.com](http://www.mbh-eap.com)

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