

Covid-19: Helping your employees and their families

Group Life helplines

As a Group Life policyholder, you and your insured employees over the age of 16 have access to several helplines to help support them through grief and bereavement. These helplines could offer much needed support following the loss of an employee.

✓ Bereavement helpline

The Bereavement Helpline, provided by Care first, offers your insured employees emotional and practical support from qualified bereavement counsellors.



For support, call **0800 015 5631**

✓ Stress helpline

The Stress Helpline offers insured employees over the age of 16 the chance to talk in confidence to trained counsellors about issues they feel are causing them stress.

Provided by Care first, the helpline can be a good place for employees who need help with personal or work-related stress issues. Talking and sharing can be the first step in helping to work through problems and resolve them, aiming to achieve the best outcome for employees and employers.



For support, call **0800 015 5632**

The services provided by Care first are non-contractual benefits that Aviva can change or withdraw at any time.

The services above are available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

✓ Grief Encounter helpline

Grief Encounter is a childhood bereavement charity in the UK, supporting children, young people and their families after the death of a parent or sibling.



For support, call **0808 802 0111**

Grief Encounter is a charity whose services are available to the general public. It's not a requirement to hold an Aviva policy to obtain their services.

If these services are needed, we hope you and your employees find them useful.



Group Life cover

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The wellbeing helpline services are not insurance products and are not authorised or regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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