

Grief Counseling Program

Guiding You to Recovery

MedMutual Life Insurance Company knows that when people experience loss, they sometimes benefit from a helping hand. Our partner, New Directions® offers grief counseling at no cost to you. Talking with a grief counselor can support you as you heal during this difficult time.

How Grief Counseling Works

Grief counseling with a New Directions clinician is free of charge to you and services are confidential. To schedule a face-to-face appointment with a counselor in your area, call 1-800-624-5544. You will have up to three visits to learn about the grief process and discuss issues that affect you personally.

Understanding Why I Feel This Way

This question is one that many people ask. When you experience the loss of a loved one, you may have reactions that seem puzzling. You may have expected to feel a certain way but you feel something else. You may have mixed feelings or numbness. You may wonder about angry feelings or if your sadness is too severe. You may wonder how long it will take to start feeling better.