



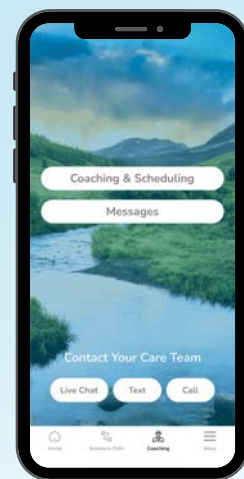
Grief Counseling & Support




Experiencing the loss of someone close to you can bring up many emotions. Grief is a natural response to loss, often accompanied by feelings of anger, fear, sadness, frustration, or guilt. Bree Health provides free and confidential support, offering resources to help you navigate the emotional challenges of loss.

- **Certified Coaching & Counseling:** Receive professional guidance from experienced coaches and counselors to help navigate the emotions of grief.
- **Flexible & Confidential Support:** Connect with a mental health professional through video or phone sessions at your convenience, ensuring you get support when and where you need it.
- **Personalized Well-Being Tools:** Access expert-driven resources, self-guided grief support, and practical coping strategies through your Bree Health web portal.
- **Holistic Approach to Healing:** Whether you need one-on-one support or on-demand guidance, Bree Health offers compassionate solutions to help you process loss and move forward.

**Access Barrier-Free
Mental Health Resources
via the Mobile App.**



 (800) 327-2255

 login.breehealth.com

 Mobile App: Bree Health