

# Compassion and expertise to help you navigate a loss.

Survivor support services from New York Life Group Benefit Solutions.

There is no right or wrong way to grieve the death of a loved one. Navigating the grief process can be difficult, and that's why we're committed to helping families when they need us most.

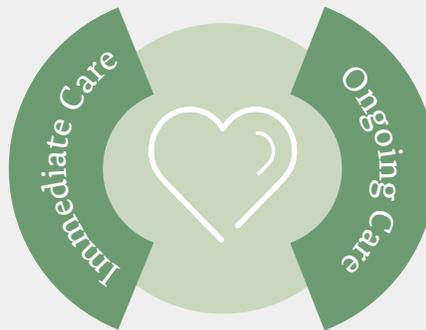
New York Life Group Benefit Solutions (NYL GBS) can help you through difficult times. Compassionate assistance is available from our Survivor Support Specialist who can provide grief and bereavement resources and help you understand Life and AD&D coverage.

## Here's how your NYL GBS Survivor Support Specialist can help:

Insight on the Life and AD&D claims process

Guidance in obtaining death certificates or locating forms

Support finding funeral homes and assistance in making assignments with them



Support before, during or after the loss of a loved one

Identifying grief and bereavement resources

Referrals to appropriate programs and local community support

Your Survivor Support Specialist can also connect you to a range of resources through the New York Life Foundation. Grief support is a priority of the foundation, which helps raise public awareness about the impact of grief on families. Resources include:

**[Kai's Journey](#)** is a film and book series dedicated to children and families who have experienced the death of a loved one. It includes a [discussion guide](#) that offers tangible insights and tools to help promote productive conversations about grief.

**[Camp Erin](#)** is the largest national bereavement program for youth grieving the death of a significant person in their lives. It was created in 2002 by Eluna, which supports children and families impacted by grief or addiction.

**[How we grieve](#)** is a helpful resource explaining the grief process in adults and children and the emotional impacts that take place after a loved one dies.



Please consider the resources your NYL GBS Survivor Support Specialist can provide.

If you're ready, the Survivor Support Specialist is available from 9:00 a.m. – 5:00 p.m. EST at **(888) 842-4462, ext. 1013382.**

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