



# HOPE AT WORK

Resources for Your Personal Well-being and Peace of Mind

At some time in our lives, we are all likely to be touched by serious illness, grief, or caregiving responsibilities. Where can you turn?

Hope HealthCare Services, in partnership with your employer, can help.

For generations, Hope has been a safety net for the community. Our professional counselors have helped thousands of people and businesses through every emotional circumstance, in a variety of work settings. We can help ensure that you have all the support you need in times of distress, so that you will remain emotionally healthy and productive.



## How **Hope at Work** can work for you

### **Grief**

Losing a loved one or co-worker can be devastating. Hope Counselors understand the sadness and sense of loss that follows the death of a co-worker or loved one, and how it can affect day-to-day activities. They can help in the management of overwhelming emotions that can occur following a serious workplace accident or incident of violence.

Hope Healing Hearts counselors lead support groups and individual counseling sessions that can be an effective way to address issues related to grief and trauma. Hope Healing Hearts can help you and your family to cope.

### **Caregiving**

If you are caring for a frail or ill loved one, balancing work and your personal life can be a real struggle. Hope can help you manage effectively.

Hope Healing Hearts Caregiver Support Groups provide the counseling, knowledge and tools to help you better manage your caregiving responsibilities.

### **Serious Illness**

The diagnosis and treatment of a serious illness - yours or a loved one's - can affect every aspect of life. Hope can help you to manage the challenges ahead.

***Hope Choices*** provides special home care for people 65 and older.

***Hope Comfort Care*** offers counseling and symptom management for people of all ages with a serious illness.

***Hope Hospice*** provides end-of-life care, comfort and support for patients and their families.

***Hope Kids Care*** helps children and their families as they cope with grief or a serious illness their own or a loved one's.

***Hope PACE*** enables people 55 and older to continue living independently at home.

***Hope Parkinson Program*** helps people with Parkinson's disease and their care partners to experience a fullness of life through special services and activities.

To learn more about these services, please call Hope at (800) 835-1673 or visit our website: [hopehcs.org](http://hopehcs.org)

The services of Hope at Work are available to you whenever needed, for as long as necessary, at no cost.