

# Irish Life Bereavement Support

When you need it and  
at no cost to you



# What is Bereavement Support from Irish Life?

Helping people build better futures



**Bereavement Support from Irish Life is a free service available to the spouse/partner and/or adult dependent children between age 18 and 21 of a deceased member of a Group Life Assurance Scheme insured by Irish Life.**

Irish Life has partnered with Centric Mental Health to provide this service. Through Irish Life Corporate Business and Centric Mental Health, you can avail of 6-8 sessions of bereavement counselling with experienced therapists, either online or face-to-face.

Centric Mental Health, are specialist providers of mental health services in Ireland. They have several skilled clinicians with expertise in bereavement and grief counselling. Their therapists work from a range of therapeutic modalities, including psychodynamic, emotion-focused therapy and CBT, and always tailor therapy to suit the needs of the individual client.

Irish Life will **NOT** have access to any data relating to the counselling sessions. It is completely confidential.

## When might you use Bereavement Support from Irish Life?

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It is never easy when someone close to us passes away, with strong, and sometimes complicated emotions being a common experience during this process. Sometimes these strong feelings can affect us in a number of areas, such as concentration, motivation, social interaction and work performance to name but a few. When this happens, it can lead to an even greater level of emotional distress.

Grief is a unique process for each person and does not follow a set sequence or timetable. As such, difficulties can either arise immediately following a bereavement, or can wax and wane over a prolonged period. For some, the grief process may be relatively short lived before establishing an adjustment to their new set of circumstances, while for others there may be ongoing struggles with this adjustment.

If grief is impacting your ability to live your everyday life, then it's recommended to seek out help sooner rather than later. No matter how long you've been grieving, it is never too late to start talk therapy.





# How do I access Bereavement Support from Irish Life?

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You can contact Centric Mental Health who provide Bereavement Support from Irish Life either by phone or email, quoting the code ILCB.

**The contact number is: 01 611 1719.**

**The contact email is: [hello@mentalhealth.ie](mailto:hello@mentalhealth.ie)**

Centric Mental Health will explain your options to you and can arrange up to 8 counselling sessions either in person or virtually, whichever is most suitable for your particular circumstances.

All information shared by you with Centric Mental Health is completely confidential and will not be shared with Irish Life.



# Thank You

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