

A Counseling Service: a time to grieve... a time to heal.



We realize that losing someone can cause painful and emotional feelings. This is the time when professional assistance can be helpful in allowing you to move on with your life.

Receiving Assistance

Though you may not suffer lasting effects from a loss, you may benefit from the assistance of talking with a professional counselor experienced in dealing with grief and loss.

Reliance Standard offers access to a toll-free counseling service to all household members who experience the loss of a loved one.

Professional counselors who are experienced with the human emotions associated with the death of a loved one are available to help those who want to reach out.

Please be aware that these counseling services are available to you free of charge through Health Management Systems of America (HMSA).

About HMSA

HMSA has been providing professional leadership and quality Mental and Behavioral Health Care services for private industry, health care institutions, school systems, and federal, state and government entities for over 30 years.

HMSA's staff is comprised of mental health professionals and administrators with doctoral or master-level degrees.

Also Available

Access to HMSA's network of legal and financial advisors is available to all household members through the same toll-free number.

Is This Confidential?

Yes. All requests for any assistance or information shared between the household member and counselor is kept strictly confidential.

For Information or Assistance

For confidential, personal assistance, please call the toll-free number for counseling:

- ▶ 24 hours a day
- ▶ 7 days a week
- ▶ 365 days a year

1-800-961-3007

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Reliance Standard Life Insurance Company

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