

Support after the loss of a loved one



Losing a loved one is one of the hardest things a person can go through. But you don't have to do it alone. Iron Mountain provides Resources for Living employee assistance for Mountaineers 24/7/365. They can help with questions about wills and life insurance, or finding a funeral home, florist, or even a hotel for out of town guests. They can also help you find counselors and support groups for you and members of your household.

Emotional wellbeing

Speak with a professional counselor to help you through:

- Complicated grief
- Anxiety and depression
- Nightmares or painful memories
- Anniversaries or other reminders of your loss
- Making decisions and life changes after the loss

Legal and financial resources

- Wills and probate
- Life insurance
- Real estate
- Notifying banks and government agencies
- Adjusting your family's budget

Daily life assistance

Get help finding local businesses that can help with planning including, for example:

- Funeral homes
- Accommodations for out-of-town guests
- Florists
- Places of worship or other venues

Remember, you're not alone during this difficult time. For help when you need it most, call on us. It's free, confidential, and always available.

IRON MOUNTAIN



**BENEFITS &
WELLBEING**

**Scan the QR code to
access the contact
information for your
location.**



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