

# Supporting you in times of grief

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**TAL** /

**aware**  
super 



# Support when you need it

Experiencing grief can be extremely difficult and potentially overwhelming at times. You may feel that life has changed forever and you cannot recover.

Grief is different for everyone, it can affect you and your family in different ways: you may experience changes in your emotions, physical health, thoughts and behaviour and social interactions.

## Here for you

To help during this difficult time, we have a dedicated Grief Support service that's available to:

- immediate family members of an Aware Super member who has become terminally ill or passed away, and/or
- Aware Super members who have been diagnosed with a terminal illness.

We have partnered with a specialist external provider, Assure Programs, so you and your family are provided with the understanding, care and resources that may be needed to help navigate this time.



**Call our Grief Support service  
on 1300 820 733 for a  
confidential discussion.**

## TAL's Grief Support service

Immediate family members of an Aware Super member who has become terminally ill or passed away each have complimentary voluntary access to three sessions with a dedicated Grief Support health professional.\*

This is a completely confidential service and accessing the service will not affect any claim you may have with TAL.

We want to make this as easy as possible for you, so all the details you need to know are below:

- Assure Programs is open 24 hours a day, 7 days a week within Australia.
- You'll need to confirm the referral was provided through a participating TAL superannuation fund partner.
- To help Assure Programs link you with the most appropriate service, there will be some standard questions asked of everyone who rings. None of the information you give will be shared with TAL, this is a completely confidential service.
- Registration takes between 3-5 minutes, so have your diary with you so you can find the best time to book an appointment.
- With your permission, Assure Programs will send you an SMS to remind you of your appointment at least 24 hours prior.
- If you are unsure about anything, please ask the Assure Programs Client Support Team to clarify. They will actively listen to you, facilitate the process and point you in the right direction for getting the support you need.

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### Terms and conditions

\* This service is available to the Aware Super member who has been diagnosed with a terminal illness and the immediate family members of the Aware Super member who became terminally ill or passed away. 'Immediate family members' means the spouse, partner, defacto, children, parents, and siblings of the Aware Super member. Each immediate family member is entitled to three complimentary one-hour sessions with an Assure Programs' Grief Support health professional and can only access the service within Australia. Assure provides face-to-face, telephone and video sessions using its own offices and a network of associate clinicians in locations across Australia. Urgent support is available 24/7 via the telephone. Sessions must be used within twelve months of the date on which the Aware Super member was diagnosed as Terminally Ill or passed away.

Assure Programs, Ingeus Australia Pty Ltd (ABN 87 152 509 370) is an organisation that provides counselling, wellbeing coaching and evidence-based development programs. You can access the Privacy Policy at [www.assureprograms.com.au](http://www.assureprograms.com.au), or ask the Assure Client Support Team. Assure Programs is not part of TAL, and counselling and education services are provided by Assure Programs, not TAL. Although due care and diligence has been exercised in selecting a provider of Grief Support services, TAL does not take any responsibility for the services provided by Assure Programs and does not hold them out to be suitable for every individual.

The information provided by this service is not a substitute for advice from a qualified medical or other health professional. This service is not intended to diagnose, treat, cure or prevent any health problem. Always consult your general practitioner or medical specialist before accessing any support service.

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