

Coming to terms with the impact of a terminal diagnosis

Living with the challenges a terminal illness may bring

If you or a loved one is diagnosed with a terminal illness, it can turn your world upside down. There is no right way to feel – no formula to follow. At first, you might feel numb. Empty. Unable to process the news. Or you might experience a strange sense of calm and be matter-of-fact about the diagnosis. And you might not immediately understand what your needs are or who to turn to for support. However as time passes, your feelings will naturally evolve as you come to terms with the facts.

Remember, it's up to you how and when you talk about your situation and the challenges this presents to you personally. It's important to recognise these may well change over time too, so be prepared to acknowledge that you may need more support through some times than others. But whatever support you need, it's comforting to know you always have someone to talk to – be it a friend, family member or an impartial counsellor.

A counsellor can give you the additional emotional guidance you need, helping you to make sense of the complex feelings you are experiencing, such as:

Depression	Frustration	Helplessness
Shock	Fear	Guilt

Support when you need it most

Everyone reacts to a terminal diagnosis in their own unique way. If you find that your diagnosis is having a serious effect on your mental wellbeing, it's comforting to know that professional advice is available to you 24 hours a day, 365 days a year. So whatever time of day you need someone to talk to – rest assured they are there for you.

Your employer's MetLife Group Life cover offers you and your family support whenever you need it. We are dedicated to helping you with both the emotional and practical sides of terminal illness in a way that's right for you. And support is available as often as you need it, for as long as you need it. The service includes:

- **24hr telephone support** – confidential telephone support helpline with professionally qualified counsellors
- **Face-to-face counselling** – up to six personal counselling sessions a year

You are welcome to speak to the counsellor about anything you want, for as long as you would like, and for as many times as you need to. The support is there to help you when you need it most.

Comfort.
It's just a call away



To access the helpline, call **0800 917 0096**

Products and services are offered by MetLife Europe d.a.c., which is an affiliate of MetLife, Inc. and operates under the “MetLife” brand.

MetLife Europe d.a.c. is a private company limited by shares and is registered in Ireland under company number 415123. Registered office at 20 on Hatch, Lower Hatch Street, Dublin 2, Ireland. UK branch office at One Canada Square, Canary Wharf, London E14 5AA. Branch registration number: BR008866. MetLife Europe d.a.c. (trading as MetLife) is authorised by the Central Bank of Ireland and subject to limited regulation by the Financial Conduct Authority (FCA) and Prudential Regulation Authority (PRA). Details about the extent of our regulation by the FCA and PRA are available from us on request. www.metlife.co.uk

The MetLife Bereavement Counselling & Probate Service is provided by Health Assured Limited (No.6314620) registered in England at the Peninsula, Victoria Place, Manchester M4 4FB.