



Here for You During a Time of Loss

If you're navigating the loss of a loved one or something deeply meaningful to you, please know that support is available. As part of your **Universal Employee Wellness Programme (EWP)**, you have access to confidential grief and bereavement counselling. This counselling provides a safe, compassionate space where you can talk openly, process your emotions, and receive support at your own pace.

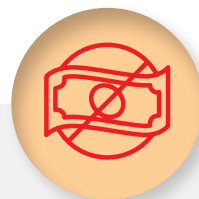
Remember, Universal EWP counselling is:



Available 24/7



Provided by registered professionals



Available at no cost to you

Whether your loss is recent or something you have been carrying for some time, you do not have to manage it alone. Reaching out for support can be an important step in caring for yourself during a difficult period.

To access this support:

Call toll-free on **0800 390 003** / Send a 'Please call me' to ***134*952#**
E-mail ewp@universal.co.za

