



Support resources for the loss of a loved one

Navigating the path forward looks different for everyone. There's no timeline for grief, so take your time and move at a pace that feels comfortable for you. Use these resources to help find understanding, comfort and practical support.

Understanding grief

Be patient and gentle with yourself as you move through grief. By working through each stage, the intensity of emotions often becomes more manageable over time. It's important to remember that accepting the loss of a loved one doesn't mean you forget them. Rather, it can help place memories in perspective so you can cherish them.

Recommended reading

The following books may provide insight, reassurance and guidance. We recommend them as a starting point, since they're widely available online or through libraries and bookstores.

Grief and healing

When Bad Things Happen to Good People — Harold S. Kushner
On Death and Dying — Elisabeth Kübler-Ross
How to Survive the Loss of a Love — Melba Colgrove, PhD; Harold H. Bloomfield, MD; Peter McWilliams
Rays of Hope in Times of Loss — Susan Zimmerman

Parents, children and family relationships

Talking About Death: A Dialogue Between Parent and Child — Earl A. Grollman
When Parents Die — Edward Myers
Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died — Harriet Sarnoff Schiff

Navigating career and life transitions

What Color Is Your Parachute? — Richard N. Bolles
Getting Organized: The Easy Way to Put Your Life in Order — Stephanie Winston

Organizations and additional resources

These organizations may offer education, counseling, financial guidance or community support:

- **American Counseling Association** — counseling resources and referrals
- **Women Work! – The National Network for Women's Employment** — career and employment support
- **Consumer Federation of America (CFA)** — consumer education and advocacy
- **National Foundation for Credit Counseling (NFCC)** — budgeting and credit counseling
- **Parents Without Partners International** — support for single-parent families
- **Pension Rights Center** — retirement and pension information
- **AARP** — resources for aging, retirement and family caregiving
- **Social Security Administration** — benefit information and assistance (ssa.gov)

We're here for you at every step. Although this may be a difficult time to make long-term decisions, understanding your available resources can be an important first step. Your financial professional is available to help answer questions, coordinate with other advisors and guide you towards support that aligns with your needs.

For additional educational information, visit Equitable's Beneficiary Resource Center at equitable.com/beneficiary.

Annuity claims
(800) 789-7771

Life claims
(800) 777-6510

Group retirement
(800) 628-6673

This material is for informational purposes only and does not constitute investment, legal or tax advice, or a recommendation. Please consult your own professional advisors regarding your individual circumstances.

Life insurance and annuity products are issued in New York and Puerto Rico by Equitable Financial Life Insurance Company (NY, NY) and in all other jurisdictions by Equitable Financial Life Insurance Company of America, an AZ stock company with an administrative office located in Charlotte, NC. Distributed by Equitable Network, LLC (Equitable Network Insurance Agency of California, LLC in CA; Equitable Network Insurance Agency of Utah, LLC in UT; Equitable Network of Puerto Rico, Inc. in PR) and Equitable Distributors, LLC (NY, NY). When sold by New York state-based (i.e., domiciled) financial professionals, life insurance and annuity products are issued by Equitable Financial Life Insurance Company, 1345 Avenue of the Americas, New York, NY 10105.

Equitable is the brand name of the retirement and protection subsidiaries of Equitable Holdings, Inc., including Equitable Financial Life Insurance Company; Equitable Financial Life Insurance Company of America and Equitable Distributors, LLC. Equitable Advisors is the brand name of Equitable Advisors, LLC (member FINRA, SIPC) (Equitable Financial Advisors in MI & TN).

The below disclosure applies to customers of bank-affiliated entities.

INVESTMENT AND INSURANCE PRODUCTS ARE: • NOT FDIC INSURED • NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY • NOT A DEPOSIT OR OTHER OBLIGATION OF, OR GUARANTEED BY, THE BANK OR ANY OF ITS AFFILIATES • SUBJECT TO INVESTMENT RISKS, INCLUDING POSSIBLE LOSS OF THE PRINCIPAL AMOUNT INVESTED

© 2026 Equitable Holdings, Inc. All rights reserved. GE-9155908.1 (10/26) (Exp. 10/30) | G3469311 | Cat. #200798 (10/26)



EQUITABLE