

# Employee Assistance Program

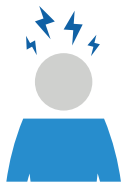


## Call your Employee Assistance Program today. No cost, confidential solutions to life's challenges.

Your MetLife Employee Assistance Program (EAP), offers someone to talk to and resources to consult whenever and wherever you need them, for up to **6 sessions** per issue per year.

### Confidential Emotional Support:

Our highly trained clinicians will listen to your concerns and help you and your dependent family members with any issue, including:



Anxiety,  
depression, stress



Grief, loss, life  
adjustments



Family and  
parenting



Relationship or  
partner conflicts



And many  
more

You can rest assured that **your call is handled in complete anonymity**. You can choose to not disclose your personal information or identity when you call, and everything you say in your counseling session is strictly between you and your counselor.



Navigating life together

## Legal Guidance:

Talk to a local legal expert for practical assistance with your pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:



**Divorce, adoption,  
family law**



**Wills and  
trusts**



**Landlord and tenant  
issues, and more**

## Financial Information:

Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:



**Taxes**



**Relocation and  
mortgages**



**Retirement planning**



**Budgeting, debt,  
bankruptcy, and more**



## Contact your EAP counselors today:

For 24/7 support, Dial 01426801 (Lebanon access) and then 8554180792 (TFN). You can receive assistance either over the phone or in person.

On the call back, the team will ask for your **Eligibility Code:**

Your Policy Number

## Here when you need us

With over 152 years of helping generations of customers to protect their finances, family and future, we're a trusted partner for over 100 million customers around the world. But for us, it's never been enough just to sell somebody an insurance policy. We have always looked for ways to help people live better, healthier lives and are committed to creating value for the world at large.

We've been in Lebanon for nearly 66 years. As a pioneer of life and medical insurance and a leading provider of innovative employee benefits. We are committed to helping people navigate their ever-changing worlds. Throughout our history, we have continuously sought to nurture talent, respect local cultures, and promote the diversity that characterizes the Lebanese society. We've been providing transparent, customer-centric insurance services to individuals, families and businesses of all sizes across the Middle East since 1952.