

# Expert advice to cope with issues related to COVID-19



This COVID-19 Employee Assistance Hotline, brought to you by LifeWorks, provides 24/7 toll free telephonic support including immediate emotional support, helpful resources, and access to timely information to cope with COVID-19.

- Job loss
- Stress and anxiety
- Losing a loved one
- Financial issues
- And much more

**When you need some support, we're here to help.**



**Hotline:**  
1-800-366-1192



**Webinars and Additional Resources:**  
<https://us.morneaushepell.com/tool-kit-individuals>

Some restrictions may apply to all of the above-mentioned services. Please contact your employer or MetLife for details. Hotline services provided by LifeWorks US Inc. (LifeWorks by Morneau Shepell). LifeWorks is not a subsidiary or affiliate of MetLife.

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