



Assurant Global EAP

Always here
to help.



lyra wellbeing

Assurant Global EAP (Employee Assistance Program)

Assurant Global EAP is now delivered exclusively through Lyra Wellbeing, our single global partner for Employee Assistance Program Services. This unified approach ensures consistent, high-quality support for emotional wellbeing and work-life resources across all regions.

What is an EAP?

Employee Assistance Programs provide a wide variety of free, confidential resources to support emotional wellbeing for employees and their immediate families. Topics include everyday matters to more serious issues including stress and anxiety, family dynamics, dealing with a crisis, grief counseling and more. EAPs offer:

- **24/7 access to licensed professionals**, including counselors, psychologists, and work-life consultants.
- **Eight free counseling sessions per incident** for emotional and psychological support for you or your loved ones.
- **Personalized, goal-oriented coaching** to support personal and professional development, lifestyle changes, and achievement of work or life goals.
- **Education, encouragement, and practical resources** for family and work matters, emotional support, and problem-solving strategies.
- **Flexible consultation options**, including phone, face-to-face, and in some countries, text or video chat.
- **Comprehensive online resources**, including self-help tools, educational content, tips, recorded webinars, podcasts, case studies, and videos.

Please see next page for the Assurant Global EAP Directory.

Website: lyrawellbeing.health

Code: **Assurant**

Scan QR code to download app:

Lyra Wellbeing is Assurant's designated EAP provider, offering confidential support as an independent third-party resource.



	Country	In-Country	Out-Of-Country
NORTH AMERICA	United States	800 634 6433	262 574 2509
	Canada	800 764 2213	1 647 258 5435
	Puerto Rico	Primary Option: Inspira/Triple-S 787 651 2384 Secondary Option: Lyra Wellbeing 877 859 8072	54 11 3988 2061
ASIA PACIFIC	Australia	800 808 374	617 2100 7800
	China	800 810 6605	00 86 010 6518 6966
	Hong Kong	27 21 3939	852 27 21 3939
	India	1 800 227 023	91 7969 227 023
	Japan	0120 247 553	81 3 3541 8650
	New Zealand	0800 808 374	64 9941 9756
	Singapore	800 852 8526	65 601 16345
	South Korea	000074 4814	678 310 2366
EUROPE	Belgium	0800 88 084	32 2 89 75005
	France	800 5972 5972	41 44 878 30 84
	Germany	800 5972 5972	41 44 878 30 84
	Italy	800 780 303	41 44 878 30 28
	Netherlands	0800 525 3565	31 338 20 09 04
	Portugal	800 835 105	351 21 133 41 18
	Spain	900 102 986	34 913 166 579
	United Kingdom	Primary Option: Help@Hand/Unum 08083 043 698 Secondary Option: Lyra Wellbeing 0800 031 8226	44 330 094 5584
LATIN AMERICA	Argentina	0800 555 7555	54 11 3988 2061
	Brazil	0800 887 0591	55 11 2071 4865
	Chile	800 123 540	54 11 3988 2061
	Colombia	01800 518 0835	54 11 3988 2061
	Mexico	800 800 9010	52 55 110 70199
	Peru	0800 53 371	54 11 3988 2061

Live Chat functionality is available 24 hours, 7 days a week, 365 days a year within the [Lyra Wellbeing Hub](#). Code: Assurant