



lyra wellbeing

How to get in touch

Your Employee Assistance Programme helpline is available 24 hours a day, 365 days a year.



Your Employee Assistance Programme

When you don't know where to turn, we're here to guide you.

Call us anytime

Bahrain: 800 810 48
Egypt: 0150 169 2155
Jordan: 0800 22193
KSA: 800 844 7840

Kuwait: +96522212977
Morocco: 0800 092 509
Oman: 800 77 179
Pakistan: 0080090044081

Qatar: 00 800 100 250
UAE: 8000 120 120
Other: +44 203 006 6217

Request a callback

yourmenawellbeing@lyrahealth.com

visit us online

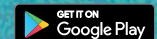
<https://app.lyrawellbeing.health/>

Free and confidential support whenever you need it!

Call. Anytime.
Whatever the reason.

Anytime, anywhere - access your online health and wellbeing initiatives wherever you are. The Lyra Wellbeing Hub is full of expert articles, videos and podcasts to help you manage life's everyday challenges.

Scan the code to download the Lyra Wellbeing Hub app:



Company code:
SHELLMENAXICAS



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