It’s easy to receive confidential, 24/7 help.

The moment may be difficult, but getting professional support isn’t.

Call +1 416-382-3264 (call collect accepted) or visit metlifewb.lifeworks.com

User Name: metlifesupport
Password: assist

Loss and difficult life changes are unfortunate realities that we all face. It can be hard for anyone to deal with, especially when you’re far from home. MetLife Worldwide Benefits Life insurance coverage includes Grief Counseling services at no extra cost. Care and support are always available — whether it’s help coping with a loss or a major disruption in life. Professional counselors are ready to help you and your family move forward.

Caring, expert support when:

- A loved one has passed
- A divorce is finalized
- A serious medical diagnosis or critical illness has occurred
- A layoff or termination of a job has occurred

These counseling sessions are tailored to meet your unique needs. With up to three in-person or telephonic sessions available with a licensed counselor, support is here when you need it most.
Our Grief Counseling services include:
- Up to three face-to-face or telephonic sessions with qualified consultants for information, assessment, action planning, and resources
- Personalized, researched referrals to local resources and assistance

How to get started
Getting started is easy. Here are the three simple steps for requesting support:

**Step 1:** Call +1 416-382-3264 (collect calls accepted).

**Step 2:** A Service Advisor will gather preliminary information, including:
- Your company name
- Contact information
- Nature of the incident

**Step 3:** You’ll be connected to a specialty team member to ensure proper care.

Please note: If a counselor is not available immediately, you’ll get a callback within 20 minutes.

Support in your time of need. Contact us today.