

International Employee Assistance Programme

Global phone list

If you're calling from	Toll-free number	Direct Inward Dial (DID) number*	First response language options
Afghanistan		+1-9193410250	English
Albania		+1-9193410265	English
Algeria		+1-9193410267	Arabic, French, English
American Samoa		+1-9193410259	English
Andorra		+1-9193410260	English
Angola		+244-226434522	Portuguese - Brazilian, English
Anguilla		+1-9842226970	English
Antigua and Barbuda		+1-9193410683	English
Argentina	08006663495	+54-1152198862	Spanish LATAM, English
Armenia		+1-9842982761	Russian, English
Aruba	18336439542	+1-9842048622	Dutch, English, Spanish, French
Australia	1800731652	+61-280466416	English
Austria	0800291381	+43-720902399	German, English
Azerbaijan		+1-9193410269	English
Bahamas	18003890475	+1-9842982718	English
Bahrain	80080452	+1-9846649724	Arabic, English
Bangladesh		+1-9198663055	English
Barbados	18449466863	+1-2466239894	English
Belarus	882000110955	+1-9848105358	Russian, English
Belgium	080081905	+32-27006351	Dutch, French, English
Belize		+1-9193410264	English, Spanish
Benin		+1-9198663056	French, English
Bermuda	18552610433	+1-9842982719	English
Bhutan		+1-9842226973	English
Bolivia	800100145	+1-9198663057	Spanish - LATAM, English
Bosnia and Herzegovina		+1-9193410270	English

If you're calling from	Toll-free number	Direct Inward Dial (DID) number*	First response language options
Botswana	002698003002110	+1-9842982762	English
Brazil	08005918055	+55-1135007922	Portuguese Brazilian, Spanish, English
Brunei Darussalam		+1-9842982763	English
Bulgaria	008001181190	+1-9842982764	English, Russian, German
Burkina Faso		+1-9198663058	French, English
Cambodia		+1-9198663059	English
Cameroon		+1-9198663060	English
Canada	8553715515	+1-4167751859	English, French
Cape Verde		+1-9198663340	English, Portuguese
Cayman Islands	18335121563	+1-3457498385	English
Central African Republic		+1-9198663061	French, English
Chad		+1-9198663062	French, Arabic, English
Channel Islands		+44-2089875993	English, French
Chile	800914352	+56-442056602	Spanish - LATAM, English
China	4001203080	+1-9842982720	English, Mandarin
Colombia	018005185158	+57-6063111547	Spanish-LATAM, English
Congo		+1-9193410272	French, English
Costa Rica	08000320044	+506-46009193	Spanish-LATAM, English
Cote D'Ivoire		+1-9193410273	French, English
Croatia	0800777921	+1-9842982732	English
Cuba		+1-9842226975	Spanish, English
Curacao	18886459618	+1-9846649713	Dutch, English
Cyprus	80077312	+1-9842982766	English
Czech Republic	800488404	+1-9842982722	English
Denmark	80820036	+1-9842982723	English
Djibouti		+1-9193410736	French, Arabic, English
Dominica	18336439540	+1-9842048624	English
Dominican Republic	8492001240	+57-6063111547	Spanish-LATAM, English
Congo, The Democratic Republic of the		+1-9842982765	French, English
Ecuador	1800001353	+1-9198663064	Spanish - LATAM, English
Egypt	08000060504	+1-9842982742	Arabic, English
El Salvador		+503-21367467	Spanish - LATAM, English
Equatorial Guinea		+1-9193410275	Spanish, French, Portuguese, English
Eritrea		+1-9842226971	English
Estonia	8000100432	+1-9849206847	Russian, English
Eswatini		+1-9842982767	English

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Ethiopia		+1-9198663066	English
Fiji		+1-9198663067	English, Hindi
Finland	0800915905	+1-9842982724	English
France	0805080762	+1-9842982725	French, German, Dutch, English
French Guiana		+33-359711210	French, English
French Polynesia		+1-9193410261	French, English
Gabon		+1-9193410278	French, English
Georgia		+1-9193410280	English, Russian
Germany	08007237177	+49-8920194054	German, English, French, Dutch
Ghana	307084846	+1-9198663068	English
Gibraltar		+1-9193410281	English
Greece	8008481696	+351-214542169	English
Grenada		+1-9842982771	English
Guadeloupe		+33-359711211	French, English
Guam	18773014773	+1-9843285125	English
Guatemala	18003000119	+502-22786394	Spanish - LATAM, English
Guernsey		+44-2089875993	English, French
Guinea		+1-9198663070	French, English
Guinea-Bissau		+1-9198663071	English, Portuguese, French
Guyana		+1-9193410282	English
Haiti		+1-9198663072	English, French, Portuguese
Honduras	80027919470	+504-22357539	Spanish - LATAM, English
Hong Kong	800906140	+1-9842982728	English
Hungary	0680080341	+1-9842982734	English, German
Iceland	8009698	+1-9842982735	English
India	0008000503110	+91-8066080031	English, Hindi
Indonesia	0018030152055586	+62-2150918368	Bahasa, English
Iraq		+1-9193410262	Arabic, English
Ireland	1800490390	+353-12612700	English
Isle of Man		+44-1287221860	English
Israel	1809494155	+1-9842982736	Arabic, English
Italy	800783713	+1-9842982737	English, French, Spanish
Jamaica	8776900777	+1-8766279021	English
Japan	08001000074	+1-9849206117	English
Jersey		+44-2089875993	English, French
Jordan	080023812	+962-64296409	Arabic, English

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Kazakhstan	88003332647	+1-9849206851	Russian, English
Kenya	0800723119	+1-9842982733	English
Kosovo		+1-9842982768	English
Kuwait		+965-22063896	Arabic, English
Kyrgyzstan		+1-9193410283	Russian, English
Lao people's democratic republic		+1-9193410737	English, French
Latvia	80002719	+1-9849206846	Russian, English
Lebanon	01426801, then dial 8333180670	+1-9193410253	Arabic, French, English
Lesotho		+1-9842982769	English
Liberia		+1-9842982770	English
Libyan Arab Jamahiriya		+1-9842982726	Arabic, English
Liechtenstein	0800110350	+1-9848105333	German, English
Luxembourg	80080925	+352-20331049	Dutch, French, English, German
Macao		+853-68570564	English
Macedonia (North Macedonia)		+1-9842226954	English
Madagascar		+1-9842982772	French, English
Malawi		+1-9842982773	English
Malaysia	1800816551	+1-9842982745	English
Maldives		+1-9193410724	English
Mali		+1-9198663074	French, Arabic, English
Malta		+1-9193410286	English
Martinique		+33-359711212	French, English
Mauritania		+1-9193410287	Arabic, English
Mauritius	8020490077	+1-9849206833	French, English
Mexico	8006811529	+52-5585264935	Spanish LATAM, English
Monaco		+1-9842226950	French, English
Mongolia		+1-9842226951	English, Russian
Montenegro		+1-9193410719	English
Morocco		+212-530203015	French, Arabic, English
Mozambique		+1-9198663075	English, Portuguese, French
Myanmar		+1-9842226952	English
Namibia		+1-9842982774	English
Nepal		+1-9842226953	English
Netherlands	08000222285	+31-207038360	Dutch, English

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New Zealand	0800452908	+64-48303479	English
Nicaragua	18002260427	+1-9842982760	Spanish - LATAM, English
Niger		+1-9198663073	French, Arabic, English
Nigeria	07080601864	+1-9193410254	English
Northern Mariana Islands		+1-9193410696	English
Norway	80010233	+1-9842982740	English
Oman	80075554	+1-9842226912	Arabic, English
Pakistan	0080090044319	+1-9842982740	English
Palau		+1-9193410735	English
Palestinian Territory, Occupied		+1-9193410251	Arabic, English
Panama	8002602	+1-9842226949	Spanish, English
Papua New Guinea		+1-9193410230	English
Paraguay	0098004410118	+1-9842048602	Spanish, English
Peru	080077028	+51-17071595	Spanish, English
Philippines	18001180020 (Smart) & 180084937930 (Globe)	+63-822269484	English
Poland	00800113815	+1-9842226454	English
Portugal	800180778	+351-214542167	English, Portuguese
Puerto Rico	18778474515	+1-9843285128	Spanish LATAM, English
Qatar	00800101750	+1-9842226906	Arabic, English
Republic of Korea (North Korea)		+1-9842982744	English
Romania	0800895946	+1-9842226457	English
Russian Federation	88001009480	+7-4999516690	Russian, English
Rwanda		+1-9193410232	French, English
Saint Kitts and Nevis	18336438732	+1-9842048609	English
Saint Lucia	18336435294	+1-9842048610	English
Saint Martin (French)	18336436092	+1-9842048613	Dutch, French, English
Saint Vincent and the Grenadines	18336439544	+1-9842048625	English
Saudi Arabia	8008500235	+1-9842226455	Arabic, English
Senegal		+1-9198663076	French, English
Serbia	0800190195	+1-9842982748	English
Sierra Leone		+1-9193410697	English
Singapore	8008523920	+65-66920853	English, Mandarin
Slovakia	0800042410	+1-9842226450	English
Slovenia		+1-9193410698	English
Somalia		+1-9193410700	Arabic, English

If you're calling from	Toll-free number	Direct Inward Dial (DID) number*	First response language options
South Africa	0800991254	+27-860023931	English
South Korea	0808775420	+65-66541650	English
South Sudan		+1-9198663341	English
Spain	900838439	+1-9842226453	Spanish, English
Sri Lanka		+1-9193410257	English
Sudan		+1-9198663077	Arabic, English
Suriname		+1-9193410678	Dutch, English
Sweden	020889233	+1-9842226921	English
Switzerland	0800557747	+1-9842982741	French, German, English
Syrian Arab Republic		+1-9198663338	Arabic, English
Taiwan	0809090974	+86-65773884	English, Mandarin
Tanzania, United Republic of	0800120046	+1-9848105321	English
Thailand	0018008528403	+65-66541656	English
Trinidad and Tobago	18002030076	+1-9842226961	English
Tunisia		+1-9842226962	Arabic, English
Turkey	08006212245	+90-8503902144	English
Turkmenistan		+1-9842226963	English
Turks and Caicos Islands	18336439543	+1-9842048623	English
Uganda		+1-9193410679	English
United Arab Emirates	800035704696	+971-600575178	Arabic, English
United Kingdom	08009883764	+44-2089876209	English
Uruguay	0004162045729	+1-9842048558	Spanish - LATAM, English
United States	18778572952	+1-9195261749	English
United States Minor Outlying Islands	18888517032	+1-9197064551	English
Uzbekistan		+1-9842226964	English
Vatican City State (Holy See)		+1-9198663339	English
Venezuela	08006002345	+1-9842226946	Spanish - LATAM, English
Vietnam		+1-9193410263	English
Virgin Islands (British)		+1-9842226974	English
Virgin Islands (U.S.)	18883893479	+1-9846649710	English
Yemen		+1-9193410710	Arabic, English
Zambia		+1-9193410680	English
Zimbabwe		+1-9193410716	English

* Please note that charges may be incurred where dialing the DID number.

The DID number can be called from anywhere in the world. The Toll-free number is for in-country use only.

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