



Welcome to REACH

Resilience | Empowerment | Advice | Coaching | Help

REACH is a coaching, counselling and wellbeing support service that is provided at no cost to you and your family members to help you successfully navigate the ups and downs of life. The program is available to you not just when you are experiencing difficulty, it is there to help you to proactively manage all aspects of your life.

REACH is provided by Assure Programs which specialise in a range of areas including:

- **Coaching and counselling**
Practical support and strategies to deal with the range of work, health and life issues.
- **Wellbeing coaching**
Support and resources to assist you to build positive and helpful behaviours.
- **Dietary consulting**
Coaching and resources to improve your diet, manage weight, and health issues.
- **Financial support**
Assistance to deal with financial challenges and put positive strategies into place.
- **Manager support**
Guidance and coaching on complex people and workplace issues.
- **Legal advice**
Access to confidential introductory referral for legal advice.

The services are confidential and are provided by qualified and experienced allied health professionals including psychologists and dietitians. Support is available via telephone, face-to-face and online.

We're here to help.

**Call 1800 808 374
or visit assureprograms.com.au**

Estia 
Health

assure
PROGRAMS