



MyCoach for Individuals during the COVID-19 outbreak

Personal and confidential support for navigating your way through these extraordinary times, whether it be issues at home or work, or to improve your mental wellbeing.

MyCoach for Individuals offers free, confidential and proactive coaching and support.

How MyCoach for Individuals can help:

- Improving your relationships and connectedness.
- Adjusting to new working arrangement.
- Receiving mental health support and stress management.
- Domestic family violence.
- Navigating challenging financial times.
- Improving your nutrition and overall health.
- Health concerns and associated anxiety.



**Make an appointment today
by visiting [benestar.com](https://www.benestar.com) or call us on**

Benestar 
Be your best you

[benestar.com](https://www.benestar.com)



How do I access MyCoach for Individuals?

Just call us to make an appointment!

What can I expect from my MyCoach for Individuals appointment?

MyCoach for Individuals offers confidential support from an experienced Benestar clinician. During this period of social distancing and government restrictions on non-essential services, you can arrange to meet with a clinician via phone, video or online LiveChat.

During your conversation our clinician will gain an understanding about the issue you are experiencing and then provide you with helpful proactive strategies on how you can approach the situation.

Are there any other resources available to me?

Benestar has a wide range of tools, blog posts, podcasts, animations, videos and learning modules available on the BeneHub portal to support you and your team and help improve overall wellbeing and performance. Simply login or create your account using your organisation's unique company ID and Token.

“I have access to resources and support, discretely and whenever suits me.”

What is the BeneHub Portal?

BeneHub is your health and wellbeing portal. It's an always on, always accessible resource that lets you take charge of your own wellbeing to become 'your best you'.

This continually updated resource library is curated to help you thrive in the modern world. You'll find topics designed to help you with all aspects of your life.



LIFE



BODY



MONEY



RELATIONSHIPS



WORK



FAMILY



MIND

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