



Support for **YOU** by **Assure**

Assure is a counselling, coaching and wellbeing support service, led by specialists to assist you and your family members at no cost. Assure can help you successfully navigate the ups and downs of life. And they're not just here when life gets difficult, if you want to proactively manage parts of your life, they can help guide you.

Assure can assist in the following range of areas:



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 Support

Coaching and resources to improve your diet, manage weight, and health issues.



Financial Coaching

Assistance to deal with financial challenges and put positive strategies into place.



Legal Advice

Introductory legal advice for any personal legal concern.



Manager Support

Guidance and coaching on complex people and workplace issues.

The services are confidential and are provided by qualified and experienced experts. Support is available via telephone, video, face-to-face and chat (via Wellbeing Gateway app).

Millennium Services Group company code for Wellbeing Gateway APP is MIL2834

Call 1800 808 374 (AUS)
0800 808 374 (NZ)
or visit assureprograms.com.au

APP Store



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PROGRAM

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