

IMPROVING LIVES, IMPROVING BUSINESS

Benestar



Be your best you

In 2022, we partnered with customers to support over
2 MILLION PEOPLE TO BETTER HEALTH AND WELLBEING



WE RECEIVED
106,000+ CALLS and
54,000+
ONLINE REQUESTS
from people needing help.



WE SUPPORTED
57,000+
NEW CLIENTS
through the Best You
Program.



WE PROVIDED
158,000+
HOURS
of individual
coaching and support.

AUSTRALIA IN REVIEW 2022

We work in partnership with organisations to provide proactive wellbeing solutions that drive high-performance, future growth and success.

6,200+
HOURS
of Well-Check,
Supervision and Mediation

5,000+
TRAINING HOURS

2,000+
SESSIONS
of LiveChat support

700+
SMS
Support Sessions

1,100+
ASSESSMENTS

3,800+
HOURS
of People Leader Support

HELPING INDIVIDUALS

BIGGEST ISSUES IMPACTING PEOPLE'S HEALTH AND WELLBEING

PERSONAL STRESS

ANXIETY

MARITAL /RELATIONSHIP

DISCORD

FAMILY RELATIONSHIP

WORK SATISFACTION

GRIEF & LOSS

HELPING LEADERS AND ORGANISATIONS

INCIDENT MANAGEMENT



WE RESPONDED TO
3,700+ REQUESTS
for Incident
Management Support.



WE PROVIDED
43,000+ HOURS
of Incident
Management Support.

EMBEDDED WORKPLACE SUPPORT



WE DELIVERED
9,300+ HOURS
of Embedded
Workplace Support.



WE PROVIDED
1,100+ DAYS
of Embedded
Workplace Support.