

Wellbeing support for the retail community following the events at Bondi Junction

Rest is partnering with its insurer TAL to support Rest members and the retail community following the devastating events at Bondi Junction. We are offering access to free and confidential counselling to anyone who may be experiencing emotional distress following these events.

What is the service and how can it help?

This wellbeing support is provided through Assure Programs and includes access to two free, 60 minute confidential sessions with a psychologist.

Who can access the service?

The service is available to anyone in the retail community regardless of whether they are a Rest member or have insurance with Rest.

In recognition that many in the retail community may have been affected by these events and need extra support, it is also available to anyone whether or not they were present in Bondi on the day of the attack.

How to use the service

To book a phone session, call Assure on 1800 808 374 (Australia) and use the referrer code 'Rest.' Alternatively request an appointment online at <https://assureprograms.com.au/> using the Wellbeing Gateway and the 'Rest' referrer code.

The Assure service is available 24/7 and is available until 30 June 2024.

Other support available

Mental health support is also available for anyone who needs it via:

- **Lifeline** Australia on 13 11 14, via chat on 0477 13 11 14 or online or <https://www.lifeline.org.au/crisis-chat/>
- **Beyond Blue** on 1300 224 636 or online <https://www.beyondblue.org.au/>