

Increasing pressures of life taking a toll?

The current cost-of-living and housing crises have left many Australians feeling an unprecedented level of stress.

But there is support out there.



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HESTA – here for you



1800 813 327
hesta.com.au



We have your back

Life can take unexpected turns, but we're here to provide the support our members need to get their financial wellbeing back on track. Take a look.

01

Mental health support

Being your best self isn't always easy.

That's why we've partnered with AIA Australia, to provide all HESTA members and their immediate family members (aged 13+) with discounted, online psychology sessions through My Psychologist. Access timely, professional support no matter where you are.

Find out more and see full eligibility requirements at hesta.com.au/mypsychologist

02

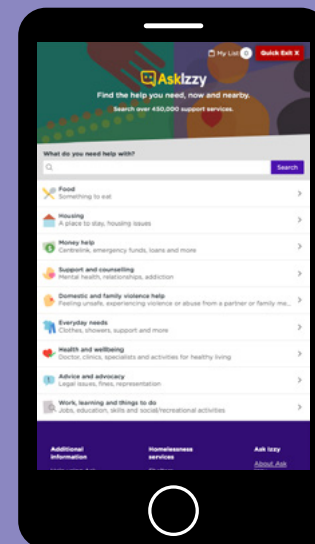
Help beyond super

We recognise the toll that financial stress can take on people.

So, we've partnered with Infoxchange, a not-for-profit social enterprise, to provide access to Ask Izzy: a free directory to help connect you with local support services, directly from the HESTA website.

Search for over 450,000 support services close to you, including financial assistance, meals, mental health counselling, shelter, family violence support, and more.

Scan the QR code or go to hesta.com.au/askizzy to find out more.



03

Meet with a Super Adviser

HESTA members can meet with a Super Adviser at no extra cost for confidential, 1:1 advice about their super.

Make a time to chat at hesta.com.au



04

Plan your future

Whether it's budgeting tips, financial basics or estimating your retirement income, all HESTA super members have access to a range of tools and resources to help plan for the future.

Check it all out in your online account at hesta.com.au/login