

# Can't cope? We're here so you can.

Stressed? Depressed? Anxious?  
You're not alone. Every year one  
in four of us experience some  
kind of mental health issue.  
And Ben is here for you.

Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)  
Helpline 08081 311 333



Find plenty of advice, online chat and self-help tools on our  
website, or talk to us on the helpline, free and in complete  
confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry



Support for life

# Can't cope? We're here so you can.

Stressed? Depressed? Anxious?  
You're not alone. Every year one  
in four of us experience some  
kind of mental health issue.  
And Ben is here for you.

Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)  
Helpline 08081 311 333



Find plenty of advice, online chat and self-help tools on our  
website, or talk to us on the helpline, free and in complete  
confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry



Support for life

# Can't cope? We're here so you can.

**Stressed? Depressed? Anxious? You're not alone.  
Every year one in four of us experience some kind  
of mental health issue. And Ben is here for you.**

We offer help in a crisis, counselling and therapy – or just simple information, advice or guidance on maintaining good mental health. Ben also supports carers and provides dementia and alzheimer's support. And we believe in privacy and confidentiality, so you can talk to us. Ever since there's been an automotive industry Ben have been helping its people and their loved ones keep life on track, and we'll keep doing it, for life.

## Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)

**Helpline 08081 311 333**



Find plenty of advice, online chat and self-help tools on our website, or talk to us on the helpline, free and in complete confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry

**ben**

**Support for life**

# Life getting you down? We can help pick you up.

Stressed? Depressed? Anxious?  
You're not alone. Every year one  
in four of us experience some  
kind of mental health issue.  
And Ben is here for you.

Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)

Helpline 08081 311 333



Find plenty of advice, online chat and self-help tools on our  
website, or talk to us on the helpline, free and in complete  
confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry



Support for life

# Life getting you down? We can help pick you up.

Stressed? Depressed? Anxious?  
You're not alone. Every year one  
in four of us experience some  
kind of mental health issue.  
And Ben is here for you.

Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)  
Helpline 08081 311 333



Find plenty of advice, online chat and self-help tools on our  
website, or talk to us on the helpline, free and in complete  
confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry



Support for life

# Life getting you down? We can help pick you up.

**Stressed? Depressed? Anxious? You're not alone.**  
Every year one in four of us experience some kind  
of mental health issue. And Ben is here for you.

We offer help in a crisis, counselling and therapy – or just  
simple information, advice or guidance on maintaining good  
mental health. Ben also supports carers and provides dementia  
and alzheimer's support. And we believe in privacy and  
confidentiality, so you can talk to us. Ever since there's been  
an automotive industry Ben have been helping its people and  
their loved ones keep life on track, and we'll keep doing it, for life.

## Always here for you

[www.ben.org.uk/mentalhealth](http://www.ben.org.uk/mentalhealth)

Helpline 08081 311 333



Find plenty of advice, online chat and self-help tools on our  
website, or talk to us on the helpline, free and in complete  
confidence, Monday-Thursday 8am-8pm, Friday 8am-5pm

Here for the  
automotive  
industry



Support for life