

# 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**

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

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