

Physically struggling? You can lean on us.

Chronic health conditions, life limiting illness, injury. They can knock you sideways. Ben helps you get back on your feet.

Always here for you

www.ben.org.uk/physicalhealth

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

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