



Mental  
health &  
wellbeing

# Not coping? We can help.

Even though one in four adults and one in ten children will experience some form of mental health issue in any one year, no-one likes to admit they're struggling. You can talk to Ben in complete confidence and our help is free for life, for you, your partner, parent or child.

**ben**  
Support for life

# You're not alone. We're here to help.

People often call Ben because they feel they're just not coping any more. Anything can tip the balance of mental health; relationship problems, becoming a carer for a loved one, money worries, grief, social isolation or physical health challenges. Whatever the reason, we're here for you.

Whether it's you or someone you love that's struggling, speak to Ben for free and confidential support and expert advice to help you get back on track.

Nadia took part in a series of counselling sessions to help with her anxiety. Not only did these improve her self-confidence, but they enabled her to return to work.



# How we can help



Our trained advisors are here to listen, support and help you back on the road to good mental health. Or visit our website for self-help tools, advice and online chat.

Our services include:

## Support for carers of people with long-term conditions

If you're coping with this very difficult situation we can provide appropriate support including counselling and information about your rights.

## Dementia and Alzheimer's support

If you are caring for a loved one with dementia we can provide much-needed support and advice to help you through it.

## Dementia Care services

Ben runs highly regarded care centres around the UK offering residential, nursing and dementia care. If there's no Ben care centre near you we can help you identify suitable options.

## Counselling, cognitive behavioural therapy and other therapies

We can refer you and pay for a clinical assessment and up to 6 sessions of therapy.

## Safeguarding alerts

If you believe you or someone you love is in danger we can alert the appropriate people.

## Non-urgent referrals

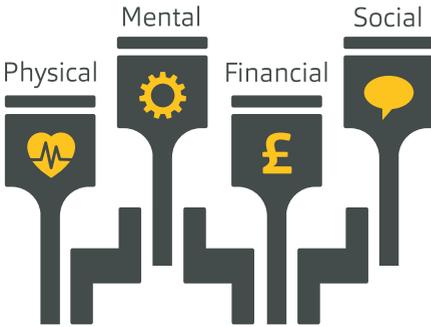
For those who need support but are not yet at crisis point we can refer you to the appropriate experts.

## Referrals for local group support

There are many local support groups we can put you in touch with, providing support to people with mental health difficulties and their carers.

## Self-help tools

Advice on how to improve your mental health.



## Total health & wellbeing

Ben's support focuses on the four main pillars of people's health and wellbeing - Physical, Mental, Financial and Social. Keeping all four pillars strong is the key to enjoying a good quality of life. We provide lifelong support and care services, along with self-help tools and advice, to help people improve and maintain their total health and wellbeing and be fit for work and for life.

## About Ben

Ben is a not-for-profit organisation that partners with the automotive industry to provide support for life to its people and their families. As an independent charity, our tailored, holistic care and support services enable people to navigate life's toughest challenges, empowering them to make lasting, positive change.

# Always here for you

Visit [www.ben.org.uk](http://www.ben.org.uk) for self-help tools and online chat

Call our free and confidential helpline **08081 311 333**

Text **07764 411911** or email [supportservices@ben.org.uk](mailto:supportservices@ben.org.uk)

We're here Monday to Thursday 8am - 8pm, Friday 8am - 5pm.

 /BenSupport4Auto

 @BenSupport4Auto

Ben - Motor and Allied Trades Benevolent Fund. Lynwood Court, Lynwood Village, Rise Road, Ascot SL5 0FG. A charity registered in England and Wales (no.297877) and Scotland (no.SC039842). Registered with the Homes and Communities Agency (no. LH3766). Images used within this document are for representational purposes only.

  
Support for life