

ben

Support for life

Always here for you

As an employee of the automotive industry - past or present - Ben's free and confidential support services can enable you and your family to face any of the challenges life brings - for life.



Here for the people of the automotive industry

Whether you work on the shop floor or the top floor, in a factory, garage, office, showroom or on the road, if you're one of the 800,000 people working in automotive in the UK, then we're here for you and your family.

Am I eligible?

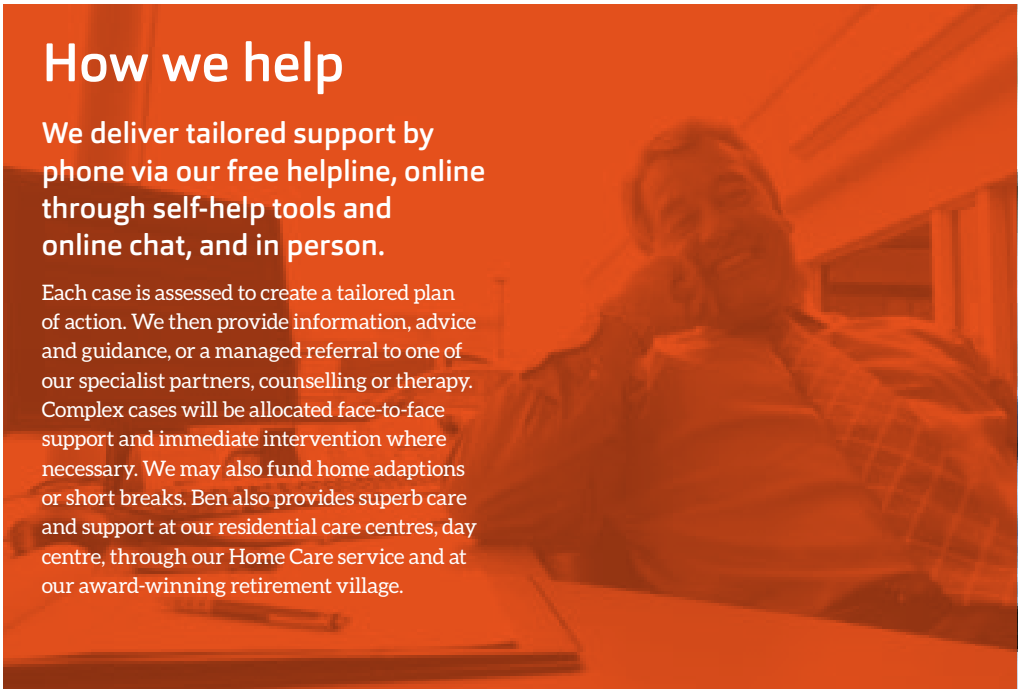
If you work for, have worked for, or interact with the automotive industry, or you are a dependent of somebody who does, then you are eligible for Ben's support.

If you are unsure, you can always call our free and confidential helpline to verify - **08081 311 333**.

How we help

We deliver tailored support by phone via our free helpline, online through self-help tools and online chat, and in person.

Each case is assessed to create a tailored plan of action. We then provide information, advice and guidance, or a managed referral to one of our specialist partners, counselling or therapy. Complex cases will be allocated face-to-face support and immediate intervention where necessary. We may also fund home adaptations or short breaks. Ben also provides superb care and support at our residential care centres, day centre, through our Home Care service and at our award-winning retirement village.



Support for life

Money worries, illness or injury, mental health issues and social isolation can affect us at any time and one problem often leads to another. It's not easy asking for help, but calling us now can prevent a problem becoming a crisis.

Total health & wellbeing

Ben provides lifelong support and care services focused on four pillars of health and wellbeing – Physical, Mental, Financial and Social. This holistic approach ensures more lasting and positive outcomes for the people we support and their families.



Physical

Time off work because of illness or injury can seriously affect family finances, leaving you stressed and isolated at an already difficult time. We can help you stay fit for life and for work and, if the worst happens, help you get back on your feet.



Mental

Anything can tip the balance of good mental health – problems with work, relationships, family or money – but we can help you improve and maintain it. Or, if you're among the one in four of us who experience mental health issues each year, we can provide immediate help and support.



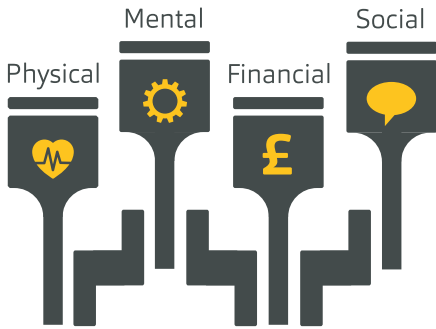
Financial

Nearly half the calls to us are about money worries – it only takes one or two missed pay cheques to tip into a financial crisis. We can help you stop a bad situation from getting worse, get you back on track and planning for a brighter financial future.



Social

Building and maintaining strong social connections is vital to happiness and wellbeing. But, if you feel like you have no-one to talk to, you're not alone. Many people call us saying they feel completely isolated and have no-one they can really talk to. We can help you reconnect.



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 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

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