



Financial  
health &  
wellbeing

Here for the  
automotive  
industry



Support for life

Debt

## When financial pressures are piling up, we can help.

The stress caused by money worries can affect your work, relationships, even your physical and mental health. Nearly half of all the people who call Ben have money worries. Almost all of them wish they'd called us sooner. No matter how bad it seems, we can help.

Ever since there's been an automotive industry Ben has been helping its people and their loved ones keep life on track. Together we'll tackle the challenges that get in life's way and make sure they don't, for life.

## Always here for you

[www.ben.org.uk/financialhealth](http://www.ben.org.uk/financialhealth)  
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 to Friday, 8am-8pm.