



Mental
health &
wellbeing



Support for life

We helped Charlie reduce his stress and anxiety

Charlie worked as a sales manager, but was finding it hard to concentrate on his role because of a number of health conditions.



This was impacting on Charlie's financial stability and was therefore also making him feel stressed and anxious. He contacted us to ask for counselling so we organised some sessions to help him deal with his stress and anxiety.

Charlie also felt that some financial support would help him, so we provided advice and guidance around benefits, budgeting and employment. This enabled Charlie to access benefits and make informed decisions about his work and finances, reducing his stress.

Charlie said that he felt fully supported throughout this time. We are continuing to support him to maintain the positive changes he has made and help him stay on track.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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