

## Loneliness and social anxiety - social posts

It's Mental Health Awareness Week and this year's focus is loneliness. Our recent health and wellbeing survey showed that loneliness is on the rise in our industry with 1 in 3 automotive people affected.

Loneliness has had a huge impact on our physical health, mental health and wellbeing over the last two years, with many of us now experiencing social anxiety in attending social gatherings or reaching out to friends and colleagues. The good news is that there are simple things we can all do to understand and overcome social anxiety.

**Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.**

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### Twitter:

With 1 in 3 automotive people affected by loneliness, & more of us experiencing social anxiety, **@BenSupport4Auto** is here to help.

Today Ben has launched a new 'Space from Social Anxiety' program. It's free - just enter access code 'ben' to get started 🖱️ <https://bit.ly/3mlwK7U>

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### Facebook:

With 1 in 3 automotive people affected by loneliness, and increasing numbers of us experiencing social anxiety, **@Ben - Support for Life** is here to help.

Today Ben has launched a new online 'Space from Social Anxiety' program in SilverCloud. It's free, and easy to use just enter access code 'ben' to get started 🖱️ <https://bit.ly/3mlwK7U>

Throughout the program, you'll learn more about social anxiety and how it impacts you, including some useful tools and techniques to help you find ways to manage and overcome social anxiety.

If you're struggling with this, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

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**LinkedIn:**

With 1 in 3 automotive people affected by loneliness, and increasing numbers of us experiencing social anxiety, **@Ben Automotive Industry Charity** is here to help.

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**Instagram:**

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**Here are some # that you can add to the end of your posts:**

#MentalHealthAwarenessWeek

#MHAW

#Loneliness

#SocialAnxiety

#TopTips

#AutomotiveFamily

#Support

#Support4Auto