



Mental
health &
wellbeing

ben

Support for life

Ben supported Emily following her bereavement

Emily worked for a car dealership on a part-time basis, whilst providing care for her husband, who had suffered a stroke, and her daughter, who had Down's syndrome.

Sadly, her husband passed away and, as a consequence, Emily felt unable to work. She contacted Ben and we were able to provide her with a financial grant to help take some pressure of her finances whilst she was recovering.



Having returned to work on a part-time basis, Emily continued to care for her daughter until just over a year later, when she became ill and died. The loss of two members of her family resulted in Emily struggling emotionally and she contacted Ben again. We were able to refer Emily for a counselling assessment and consequently provided her with six one-to-one counselling sessions to help with her bereavement.

As a result of the counselling Emily felt ready to retire and help her other daughter, who was expecting her first child. She continues to be involved in her church and community groups, which also offer her support. Furthermore, Emily is going to start attending a group counselling programme as she feels well enough to progress with a group of people rather than receiving individual help.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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