



Mental
health &
wellbeing



Support for life

Ben helped Nadia to improve her self-confidence

Nadia approached her GP for counselling for anxiety which had led to her taking time off work, but she was informed that there was a four month waiting list. Nadia was disappointed with this outcome, so she approached Ben as she wanted help to address her anxiety as soon as possible.



This is when Ben referred Nadia to Maitland for a series of counselling sessions which have helped Nadia with improving her self-confidence. Following this, she was able to return to work and has also been offered relevant advice and guidance on her finances which has also helped ease her anxiety.

www.ben.org.uk

Free, confidential helpline 08081 311 333

 /BenSupport4Auto

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