



Social
health &
wellbeing

ben
Support for life

How Ben helped Jane recover her social life after assault

Jane works in the automotive industry and contacted Ben after her partner had assaulted her and left her needing hospital treatment. Although she had recovered physically, the trauma of the abuse had left the 32 year-old feeling socially isolated. She had developed anxiety, which was discouraging her from spending time out with friends and family.



As someone who used to be very outgoing, Jane was struggling to get her social life back and she missed doing activities that were important to her, such as going to the gym.

Ben carried out an assessment and organised a series of counselling sessions for Jane. These provided her with the one-to-one support she needed and since then she has made excellent progress.

Following the counselling, Ben encouraged Jane to link up with services local to her so she could get mentoring and help with confidence building. Jane then felt able to start going out, slowly build her social life again and reconnect with her friends and family.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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