

## How Ben helped George recover after a separation

George had been a technician in the automotive industry for nearly two decades when he and his wife separated. They have a young son with whom he had regular contact following the separation.



Following his relationship breakdown, George found that he no longer felt like the same person. He lost his motivation, started drinking alcohol more regularly and had a consistently low mood. When his former partner started a new relationship this then took a further toll on him.

George started to worry that his emotional wellbeing was impacting his work. He was regularly making minor errors and behaving inappropriately because of his low mood.

Ben helped George to engage with his GP and start to receive support for depression. Additionally, we referred him to a programme of solution-based counselling sessions to assist him in coming to terms with the breakdown of his relationship. This support has not only helped him to go back to enjoying his work, but has improved his relationship with family members and his overall mental wellbeing.

[www.ben.org.uk](http://www.ben.org.uk)  
Free, confidential helpline 08081 311 333

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