



Mental
health &
wellbeing



Support for life

We supported Helen after she lost her parents

Helen worked as a transport manager and was referred to Ben after her parents passed away within 18 months of each other. As a result she felt depressed, lost her self-esteem and considered suicide.



Whereas before she'd been the life and soul of the party, Helen began to isolate herself from family and friends. Her job was very hectic and she no longer felt that she could cope with it. She went to her GP, who prescribed her anti-depressants and signed her off from work.

Helen was referred to us to help her move forwards after her bereavement. We provided her with a number of talking therapy sessions to help her come to terms with her loss, as well as build her self-esteem.

Following the sessions, Helen began to reconnect with her friends and partner. She returned to work and felt her confidence begin to return. She no longer feels suicidal and believes that she has turned a corner and is getting back to her old self. Helen has said that Ben's support saved her life.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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