



Mental  
health &  
wellbeing



Support for life

## We helped Al manage his anger and anxiety

Al experienced relationship challenges, anger and anxiety after he told his family and friends about his sexuality.



Al was struggling to cope after he came out because his family and friends were dismissive and wouldn't accept that he was gay. The situation was frustrating for Al and started to put huge pressure on his family dynamics as he felt like he no longer fitted in.

The situation made Al experience angry outbursts and display aggressive behaviour, which was causing even more conflict at home. His aggressive behaviour was also starting to spill over into his workplace.

Additionally, Al was facing challenges around body dysmorphia – an anxiety disorder that causes a person to have a distorted view of how they look – resulting in self-loathing and low confidence.

He was able to open up to Ben's Client Support Advisors, who listened without judgement and provided him with coping mechanisms – such as mindfulness techniques – to help him manage his anger. Additionally, we gave Al advice around health and wellbeing – particularly diet – and confidence building.

We signposted Al to relevant groups within the LGBT community and recommended he also speak to his GP, who referred him to talking therapy.

Furthermore, we worked with Mind to provide Al with ongoing emotional support. He has since been allocated a Support Worker to work with him on a one-to-one basis.

As a result of the support Al has received, he feels much more confident in expressing his emotions when he feels himself getting angry. He is also receiving ongoing mentoring to help support him when he struggles to cope.

[www.ben.org.uk](http://www.ben.org.uk)

Free, confidential helpline 08081 311 333

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