



Mental
health &
wellbeing



Support for life

We supported Jade when she had depression

Jade was referred to us because she was struggling with her emotions and low moods, which was having an impact on her work.



She also found herself lying to those she was closest to, which was getting her into trouble. Whilst experiencing low moods in the past, she had also struggled with self-harm.

After Jade contacted Ben, we suggested that she speak to her GP to discuss her mental health challenges.

She attended a meeting with her doctor, who diagnosed her with depression and put her on a waiting list for support. As the waiting time was around 12 weeks, we organised

a series of counselling sessions for her. Jade then felt she had the right support to get herself back on track whilst waiting for her NHS counselling sessions to start.

As a result of her counselling sessions, Jade felt like she was supported and could cope with everyday problems again. She is now much happier in her work and personal life.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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