



Mental
health &
wellbeing



Support for life

Ben helped Gemma to manage her mental health and get her life back on track

Gemma works in a finance role for a car dealership but had to take time off work due to anxiety and depression. Unfortunately, being signed off from work only made her mental health worse.



Gemma lives on her own and missed the social aspects of her job, so this made her become more and more isolated. She also worried about how she would manage financially once her sick pay finished. The medication she was taking didn't seem to be working so Gemma called Ben for support.

We helped Gemma ease her money worries by providing guidance on her benefit options in case she couldn't return to work. We also provided six counselling sessions so Gemma had someone to talk to about her issues, which reduced her stress levels. Gemma was supported by Vicki, one of our client support

advisors, who was there for her every step of the way, providing the guidance she needed and a friendly face to call on.

With a combination of counselling and emotional support from Vicki, as well as the right medication, Gemma felt well enough to go back to work. This meant that she no longer had to worry about money and got her normal social life back.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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