



Mental  
health &  
wellbeing

ben  
Support for life

## Ben helped Stu to overcome mental health problems after his brother's suicide attempt

Stu lives at home with his parents and works as a car salesman. Several months ago, Stu's brother tried to commit suicide and is now being supported for his mental health.



Although normally confident and outgoing, Stu also started to struggle mentally because of the situation. This was due to the pressure of his job, which he enjoyed but prevented him from spending much time with family, and the aftermath of his brother's suicide attempt. Having seen the effects of the situation on his parents, Stu didn't want to worry them more by sharing his feelings of anxiety and depression. Stu was signed off work and his GP recommended counselling, however due to long NHS waiting times, encouraged Stu to find additional sources of support. It was then that Stu called Ben.

We arranged for Stu to connect with our client support advisor called Des,

who visited him in person to provide emotional support and practical advice as a mentor. We also provided Stu with face-to-face counselling sessions to help him to address the issues that were making him feel negative and low.

With Des' support and guidance, Stu was reassured that his feelings were normal and that he would feel better. With Des' help, Stu was able to reconnect with friends that he had previously been distancing himself from, which helped to rebuild his confidence and self-esteem. With his improved mental health and more positive outlook, Stu will soon be able to return to work and regain his financial independence.

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

Free, confidential helpline 08081 311 333

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