

ben

Support for life

# Always here for you

As an employee of the automotive industry - past or present - Ben's free and confidential helpline and support service can help you and your family to face the challenges life brings.



# Here for the people of the automotive industry

Whether you work on the shop floor or the top floor, in a factory, garage, office, showroom or on the road, if you're one of the 800,000+ people working in automotive in the UK, then we're here for you and your family.

## Am I eligible?

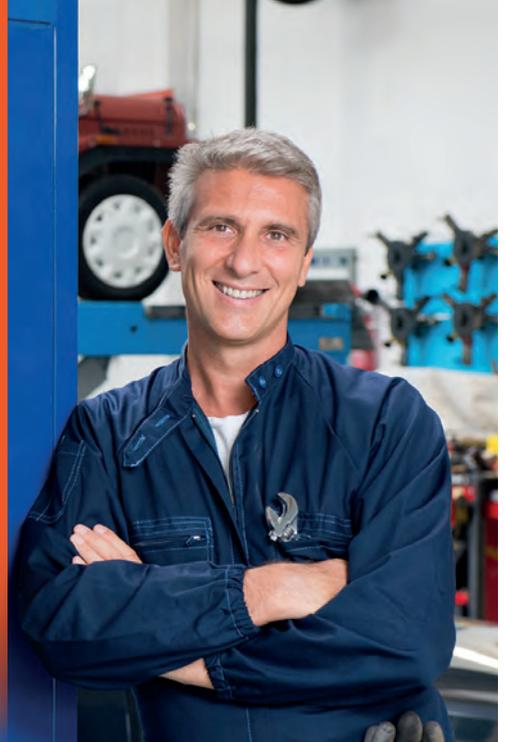
If you work, or have worked, in the automotive industry or associated trades, or you are a family dependent of someone who does, then you are eligible for Ben's free and confidential support and advice.

Unsure if you're eligible for support from Ben? Then call our free and confidential helpline to check on **08081 311 333**.

## How we help

We provide a free, confidential helpline and support service where we work with you to create a tailored support plan, helping you to find lasting solutions to life's toughest challenges.

We can support you via telephone or in person depending on your preference and what you need. We also have a range of online tips, advice and tools to help you live and work well.



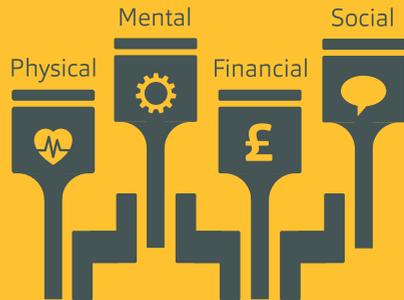
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Things like money worries, illness, anxiety, depression, bereavement or loneliness can affect any of us, at any time, and often one problem can lead to another. It's not easy asking for help but contacting us now can prevent a problem becoming a crisis.

## Total health & wellbeing

We support people who need help with a wide range of issues - everyone is different. Whether you need help with money problems, anxiety, depression, bereavement or something else, we can help.

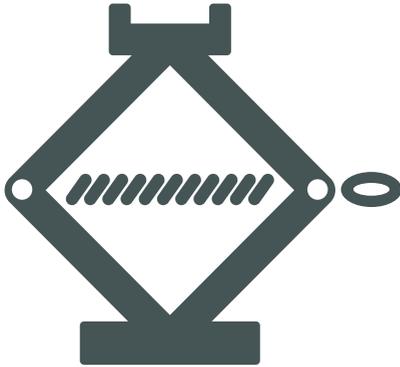
We will seek to understand the challenges you are facing and how they are affecting your health and wellbeing. Together we will create a support plan to get you back on track. This can include information, advice and guidance or referral to specialists for counselling or assistance with financial problems and benefits entitlement.



We work with you to identify the underlying causes of the issues affecting your health and wellbeing. Our ongoing support is designed to provide you with the right support at the right time as well as the confidence to make positive, lasting changes.

*"I hesitated, I should have rung up a lot sooner than I did. Don't hesitate, just make the call. They will help you in any way they can."*

Dan, supported by Ben



## Make positive change

Sign up to receive regular tips and advice straight to your inbox helping you to live and work well.

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

## Always here for you

Visit [www.ben.org.uk](http://www.ben.org.uk) for self-help tools and online chat

Call our free and confidential helpline **08081 311 333**

Email [supportservices@ben.org.uk](mailto:supportservices@ben.org.uk)

We're here Monday to Friday 8am-8pm

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 Ben Automotive Industry Charity

Ben - Motor and Allied Trades Benevolent Fund, Lynwood Court, Lynwood Village, Rise Road, Ascot SL5 0FG. A charity registered in England and Wales (no.297877) and Scotland (no.SC039842). Registered with the Homes and Communities Agency (no. LH3766).

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