

ben

Support for life

# Always here for you

As an employee of the automotive industry - past or present - we can help you and your family face the challenges life brings, through our free and confidential health & wellbeing support.



# 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 free and confidential online self-help, helpline, support and specialist services. We'll seek to understand the challenges you're facing and identify what's affecting your health, wellbeing and quality of life.

We'll work together to create a support plan that's right for you. We can support you online, by telephone or in person, depending on what you choose or need. Together we will work with you to get you back on track.



# Support for life

We all need a bit of extra support sometimes to help us get over those bumps in the road. Whether you're worried about your mental health, physical health or concerned about your general wellbeing, we can help.



## We've got your back

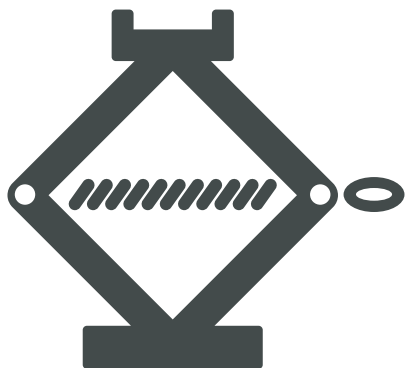
We support people who need help with a range of issues, everyone is different. Things like stress, anxiety, low mood or depression, money worries, or trouble sleeping can affect any of us, at any time. We can support you to overcome the challenges that life throws at us at any stage of your life. So whether you need supporting because you're struggling, help to get through a crisis, advice and guidance or tips to improve your health and wellbeing, Ben is here for you.

As we drive through daily life, it's important to keep an eye on your personal dashboard: your mental health, physical health and wellbeing. How well we feel physically and mentally, changes all the time. Our mental health and physical health are linked – if something affects one, it can impact the other. Looking after your wellbeing can help protect your health but also help you cope when something unexpected happens. We can give you the tools to help you manage your dashboard – to keep you on track or support you in a crisis.

# Tips, advice & tools

Sign up to receive regular health & wellbeing tips, advice and tools straight to your inbox helping you think well, feel well, live well and work well.

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



*"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

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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

For out of hours support text **BEN** to **85258**

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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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