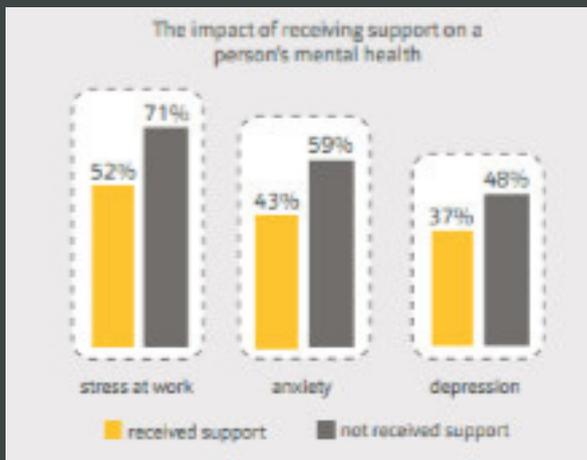




Mental health is something we all have, just like physical health.

It is all too easy to forget we can wake up one day feeling full of energy, refreshed with little or no physical discomfort. Yet, on another day we might wake up feeling tired, lethargic with a few aches and pains. The same is true of our mental health, but it can be harder to identify with or acknowledge.



Whether you want to access our self-help tips, advice and tools or need tailored advice and support, we've got you covered.

We help automotive industry people and their family dependants to navigate life and its challenges. We support people who need help with a wide range of issues – everyone is different. So, if you're worried about your physical health, mental health or concerned about any area of your well-being, we're here to help.

We're here for you

Call - 08081 311 333

Email - supportservices@ben.org.uk

FIND OUT MORE - <https://ben.org.uk/get-help/>