



Mental
health &
wellbeing



Support for life

Ben helped Andrew reduce his stress levels

Andrew, an 18 year old apprentice mechanic, had a history of depression and anxiety and had lived alone in a supported hostel since leaving home at 16. He enjoyed work and felt settled in his role until he sustained a back injury which meant he was off work for three months.



This time off work put Andrew's apprenticeship in jeopardy as it wasn't certain if he would be able to return to his role after the three month period. Andrew was already living on a low income which had further decreased due to him taking time off. He had accumulated rent and council tax arrears which were causing him a lot of stress and he was concerned about his mental health challenges returning.

Ben was able to help him communicate with his landlord and they agreed that Andrew could pay off his rent arrears in smaller monthly payments. Ben also

helped Andrew negotiate a similar agreement to pay off his council tax arrears. In addition, Ben encouraged Andrew to communicate with the college about his apprenticeship which made him aware of the options if he wasn't able to return to his current placement. The support Ben gave Andrew also enabled him to reach out to various local support groups so that he had a network to go to if he felt he needed more emotional support in the future.

Andrew began to feel less anxious and was no longer concerned about his mental health challenges returning.

www.ben.org.uk

Free, confidential helpline 08081 311 333

f /BenSupport4Auto

t @BenSupport4Auto

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).

* Images used within this document are for representational purposes only