

126 people die by suicide in the UK every week*

“If it wasn't for Ben, I'm not sure
I'd be here today.”

You're not alone. If you
are struggling, Ben is here

Find out more: ben.org.uk/suicideprevention

Visit ben.org.uk for self-help tools and online chat

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

Email supportservices@ben.org.uk

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

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

*ONS (2020)
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.
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Support for life