

## How we can help - social posts

We're the support service for automotive people. That means we're here to support anyone who works, or has worked, in UK automotive as well as their family dependants.

We can help people overcome obstacles and challenges at any stage of life. Whether it's help in a crisis, wellbeing tips & advice, or help with something in particular like anxiety, depression, money worries, trouble sleeping or anything else – we're here to help.

We want to make sure that everyone in our industry knows that Ben is here to support them.

**Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.**

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### Twitter:

**@BenSupport4Auto** is here to support our industry.

Whether it's help in a crisis, tips & advice, or help with a particular topic like anxiety, money worries, trouble sleeping or anything else – they're here for you.

Find out how Ben can help 🖱️ <https://bit.ly/3NAIEHw>

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### Facebook:

**@Ben - Support for Life** is here to support anyone who works, or has worked in our industry and their families.

Whether it's help in a crisis, tips & advice, or help with a particular topic like anxiety, depression, money worries, trouble sleeping or anything else – they're here for you.

Find out the different ways Ben can help you 🖱️ <https://bit.ly/3NAIEHw>

If you're struggling and need someone to talk to, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

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### **LinkedIn:**

**@Ben Automotive Industry Charity** is here to support anyone who works, or has worked in our industry and their families.

Whether it's help in a crisis, tips & advice, or help with a particular topic like anxiety, depression, money worries, trouble sleeping or anything else – they're here for you.

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### **Instagram:**

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### **Here are some # that you can add to the end of your posts:**

#Support

#Support4Life

#Support4Auto

#AutomotiveFamily

#MentalHealth

#PhysicalHealth

#Wellbeing