

## Mental health

We all have mental health, just like we have physical health. Mental health is a state of wellbeing, where we realise our own abilities, can cope with normal stresses of life, work productively and can make a contribution to our family, workplace, friends and community.

We all have times when we feel down, stressed or even frightened. Most of the time, these feelings pass but sometimes, they develop into a more serious problem. Everyone is different and while most of the time we can bounce back from a setback, sometimes we might need some help to get us back on track and that's OK.

Our mental health, like our physical health, varies all the time. One day we can feel down and the next we can feel happier, more positive and satisfied with life. This is completely normal.

Mental health and physical health are linked and can affect each other. If we are stressed, our heart beats faster, we breathe harder and can have a headache. Looking after our mental health and wellbeing can help our physical health. Whether you want to reduce stress levels, sleep better, or need help with anxiety and depression, Ben can help.

Ben has a wide range of different mental health support options, giving you choice and control over how you receive mental health support. This could be using the tips & advice on our website, accessing our guided digital support programmes, telephone talking therapies and counselling.

At the moment, we've all had to adjust to massive changes in our lives - both home and work. It's affecting us all in different ways.

Ben, our industry charity, helps automotive industry people to navigate life and its challenges. They support people who need help with a wide range of issues – everyone is different. If you're worried about your physical health, mental health or concerned about your general wellbeing, Ben is here to help, especially during these difficult times.

Check out their Mental Health section for tips and advice on:

- [Anxiety](#)
- [Depression](#)
- [Stress](#)
- [Sleep](#)
- [Coronavirus](#)
- [Working at home](#)
- [Bereavement](#)



They are adding new information all the time so keep checking back or [sign up](#) to receive tips, advice and tools straight to your inbox.

You can also contact Ben's free and confidential helpline by chatting [online](#) or calling 08081 311 333. Ben's helpline can also support you in accessing their new digital support programmes to help you with stress, anxiety, depression, money worries and resilience - which are all free of charge to people who work or have worked in the automotive industry.