

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



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industry

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Support for life

*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. SC039842). A company limited by guarantee, registered in England and Wales (no.02163894).