



INSTITUTE OF THE  
MOTOR INDUSTRY

# Insights & Industry Support from Ben

A conversation with IMI's, Steve Nash  
and Rachel Clift from Ben



# Panellists

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**Steve Nash FIMI**

**Chief Executive Officer**

The IMI



**Rachel Clift**

**Health and Wellbeing Director**

Ben Automotive Industry Charity



# Ben Automotive Industry Charity

Ben is the charity dedicated to supporting the people of the automotive industry, providing support for life for them and their family dependents. Ben supports individuals to navigate through life's challenges, empowering them to make positive, lasting change.

Ben works with people to improve their lives by enhancing their health and wellbeing through its free and confidential online self-help, helpline and support services.

Ben provides life-changing support to those facing crisis as well as helping them prevent crisis. Ben's support empowers people to be more in control of managing their health and wellbeing to help them live well, think well, feel well and work well. Ben's support is tailored and relevant to the needs of the individual, based on a wide range of support options and addressing every aspect of a person's life.

# We will be covering...

- Mental Health Support
- Financial & Redundancy Support
- How as an Industry we can support Ben

# Useful links

- IMI COVID-19 Hub

[www.theimi.org.uk/landing/covid-19/](http://www.theimi.org.uk/landing/covid-19/)

- Government Info

<https://www.gov.uk/coronavirus>

- Ben Website

[www.ben.org.uk](http://www.ben.org.uk)

- Ben COVID-19 Hub

<https://ben.org.uk/our-services/health-and-wellbeing/coronavirus-help/>

- Ben Sign up Page

[www.ben.org.uk/signup](http://www.ben.org.uk/signup)

- IMI JustGiving Page

<https://www.justgiving.com/fundraising/imi-centenary>



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# Special thanks to our Panellists



**Ben Helpline: 08081 311 333**



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