

The impact of the pandemic on our health & wellbeing

Here are some social posts for you to use to help us reach even more automotive people.

Feel free to copy and paste the below text with our social images and tag us in.

We really appreciate your support.

Twitter:

2020 has been a bit of a rollercoaster that has impacted our mental and physical health.

@BenSupport4Auto thought it might be helpful to make some sense of why it's impacted us in the ways it has 🙌

#Automotive #WellbeingWednesday

Facebook:

The end of 2020 is in sight!

The coronavirus pandemic has impacted everyone's lives and will continue to for a while longer. Thankfully, there is renewed hope for the future with the rolling out of new vaccines.

This year has been a bit of a rollercoaster both mentally and physically. **@BenSupport4Auto** has shared a video that might be helpful to try and make some sense of why it's impacted us in the way it has 🙌

If you're struggling with something, give them a call on 08081 311 333 - it's free and confidential.

#Automotive #MotorTrade #Coronavirus #Pandemic #WellbeingWednesday # Support #MentalHealth

LinkedIn:

If you work, or have worked in UK #automotive, **@Ben Automotive Industry Charity** is here to support you.

As we approach the end of 2020, we know it's been one of the most unusual years that many of us have ever experienced. It has been a bit of a rollercoaster both mentally and physically. So, **@Ben Automotive Industry Charity** thought it might be helpful to try and make some sense of why it's impacted us in the way it has.

It's been a hard year and if you or anyone you know is struggling don't forget that you contact Ben by chatting online or calling their helpline on 08081 311 333.

Here's the link if you'd like to share the video: https://youtu.be/hnRYB_PqZ2k

#Automotive #MotorTrade #Coronavirus #Pandemic #WellbeingWednesday #Support #MentalHealth

Instagram:

If you work, or have worked in UK #automotive, **@BenSupport4Auto** is here to support you.

They have a great #Coronavirus hub with lots of useful information. Including tips and advice to help you look after your health and wellbeing during these challenging times.

Head over to www.ben.org.uk to find out more.

We're in this together 

#Automotive #MotorTrade #Coronavirus #Pandemic #WellbeingWednesday #Support #MentalHealth