



Are you or a family member living with low mood, anxiety, stress and/or anxiety-based depression?

The CIOB Benevolent Fund is working with Anxiety UK to ensure those in our industry and their families who need support can access the help you need.

**Support includes**

- A helpline and email service for emotional support
- Talking therapies for those experiencing anxiety, stress and/or depression
- Self help material and an annual membership to Anxiety UK

For further details contact the CIOB Benevolent Fund Team on 01344 630877 or visit [ciobbenevolentfund.org.uk/anxietyuk](http://ciobbenevolentfund.org.uk/anxietyuk)



Anxiety UK Registered Charity Number (1113403)



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