



# IF YOU'RE STRUGGLING, HELP IS HERE!

The Lighthouse Construction Industry Charity is the only charity dedicated to providing support for construction workers and their families.

Helpline 

24/7 FREE AND CONFIDENTIAL ADVICE  
TO ANYONE WORKING IN CONSTRUCTION

**UK 0345 605 1956**    **ROI 1800 939 122**

TEXT HARDHAT TO UK 85258 OR ROI 50808

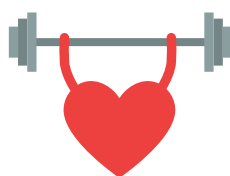
Supported by:



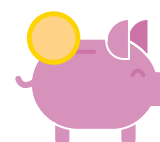
We give information, advice and guidance and if required telephone counselling on:



### EMOTIONAL WELLBEING COVERING



### PHYSICAL WELLBEING COVERING



### FINANCIAL WELLBEING COVERING

- STRESS
- ANXIETY
- DEPRESSION
- ANGER
- SLEEP
- SUICIDAL THOUGHTS

- OCCUPATIONAL HEALTH
- ACHES AND PAINS
- NUTRITION
- WEIGHT MANAGEMENT
- CANCER SUPPORT
- ALCOHOL & DRUG ADDICTION

- EMERGENCY FINANCIAL AID
- STATE BENEFIT ENTITLEMENT
- BUDGETING
- DEBT MANAGEMENT
- TAX, CIC AND LEGAL ADVICE
- RETIREMENT PLANNING

## #MakeItVisible

SUPPORTING WELFARE AND  
WELLBEING IN CONSTRUCTION

Access FREE  
Support

[MakeItVisible.info](https://www.MakeItVisible.info)

