

# Help Inside the Hard Hat

*I feel so anxious  
and stressed all the  
time, I can't focus  
on anything.*

Our industry can be physically and mentally tough. Together with our partners and supporters, the **Lighthouse Construction Industry Charity** are working night and day to ensure that no construction worker or their family feels alone in a crisis. So if you or a workmate need support, we are always here to help.



**Construction**  
Industry Helpline 

UK 0345 605 1956  
ROI 1800 939 122

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