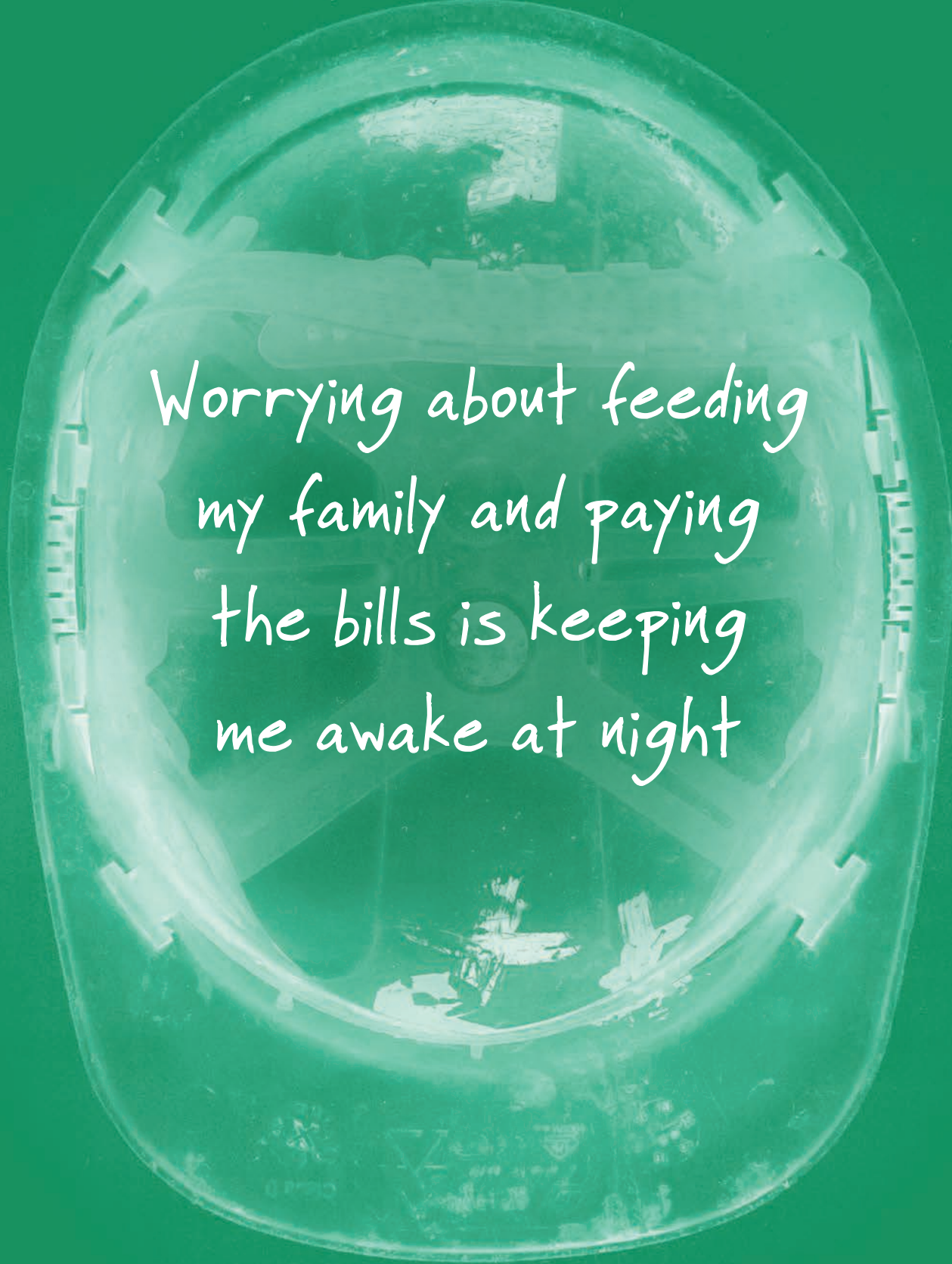
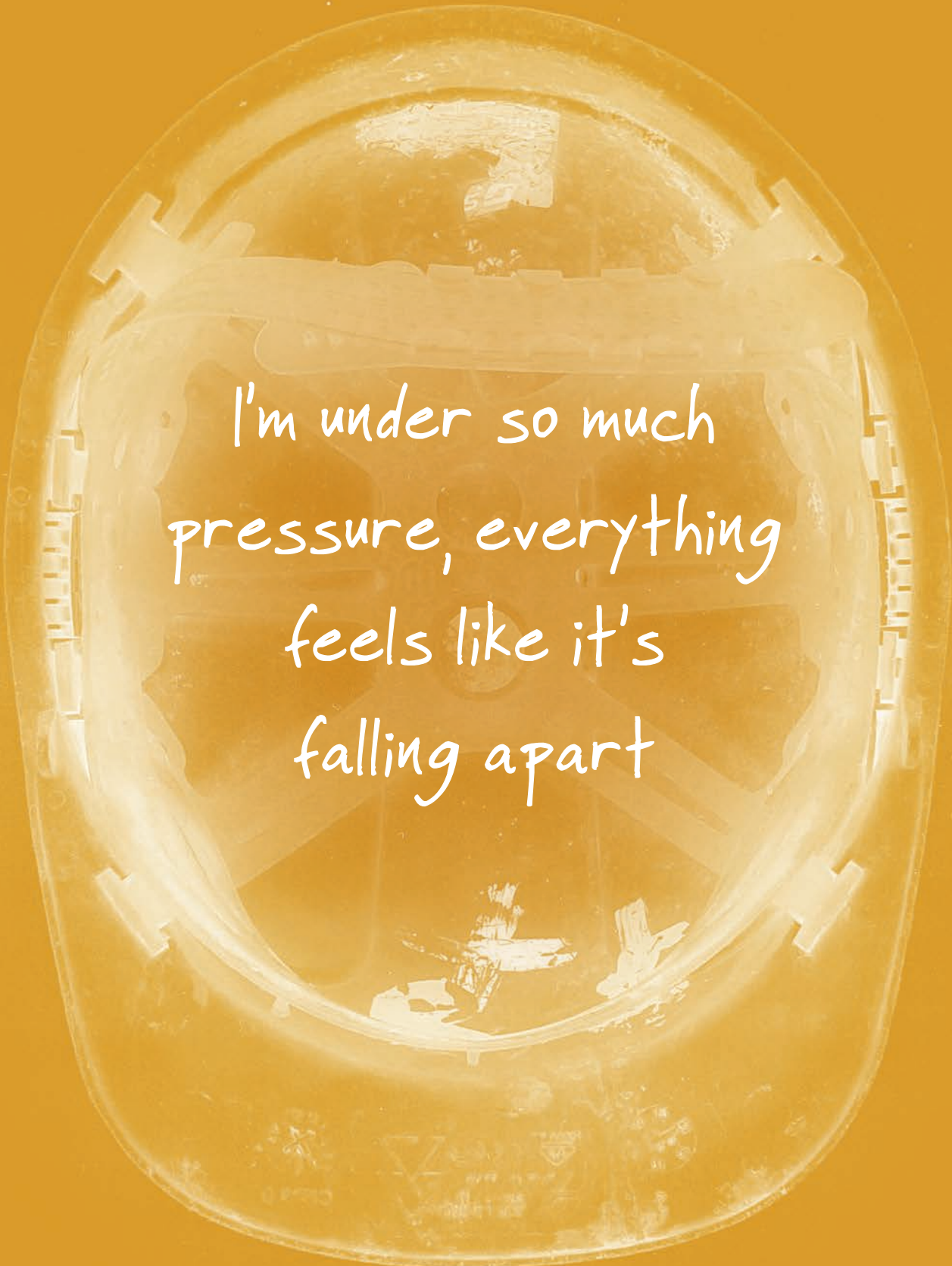


I feel so anxious  
and stressed all the  
time, I can't focus  
on anything



Worrying about feeding  
my family and paying  
the bills is keeping  
me awake at night



I'm under so much  
pressure, everything  
feels like it's  
falling apart

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.

**Help Inside  
the Hard Hat**



**Construction  
Industry Helpline**   
UK 0345 605 1956  
ROI 1800 939 122

