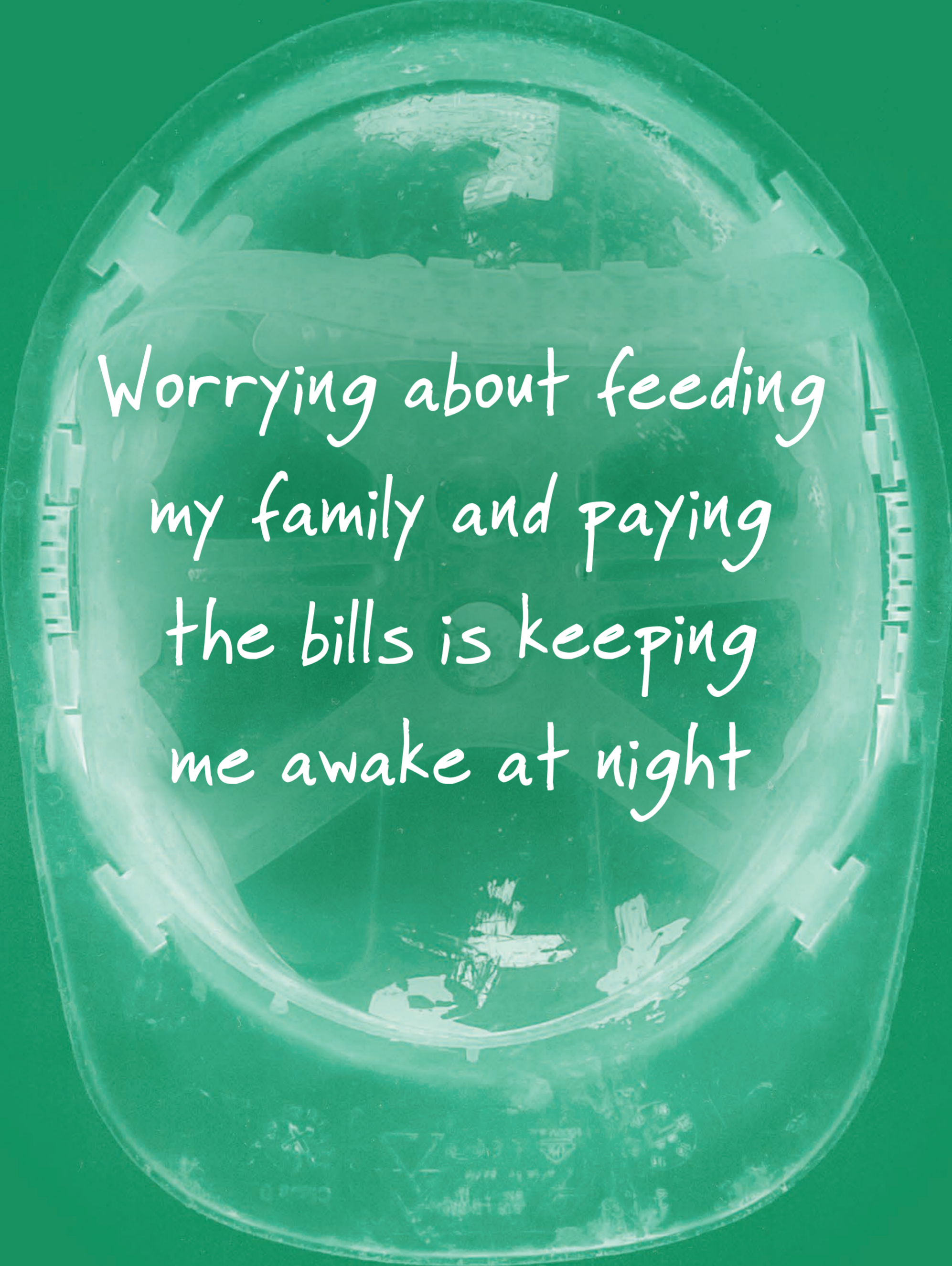


# Help Inside the Hard Hat



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

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.

 <p><b>Lighthouse</b> The Construction Industry Charity CLUB</p>	<p><b>Construction Industry Helpline</b></p> <p>UK 0345 605 1956 ROI 1800 939 122</p>	<p>Supported by</p>  
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