

Help Inside the Hard Hat

Every day is the same.
I'm so sad and flat all
the time, I just don't
feel like myself
any more.

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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