

Help Inside the Hard Hat

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.



Construction
Industry Helpline 
UK 0345 605 1956
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