

# 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.



Construction  
Industry Helpline

UK 0345 605 1956  
ROI 1800 939 122

Supported by

