

# 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

Supported by

