

# 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  
ROI 1800 939 122

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