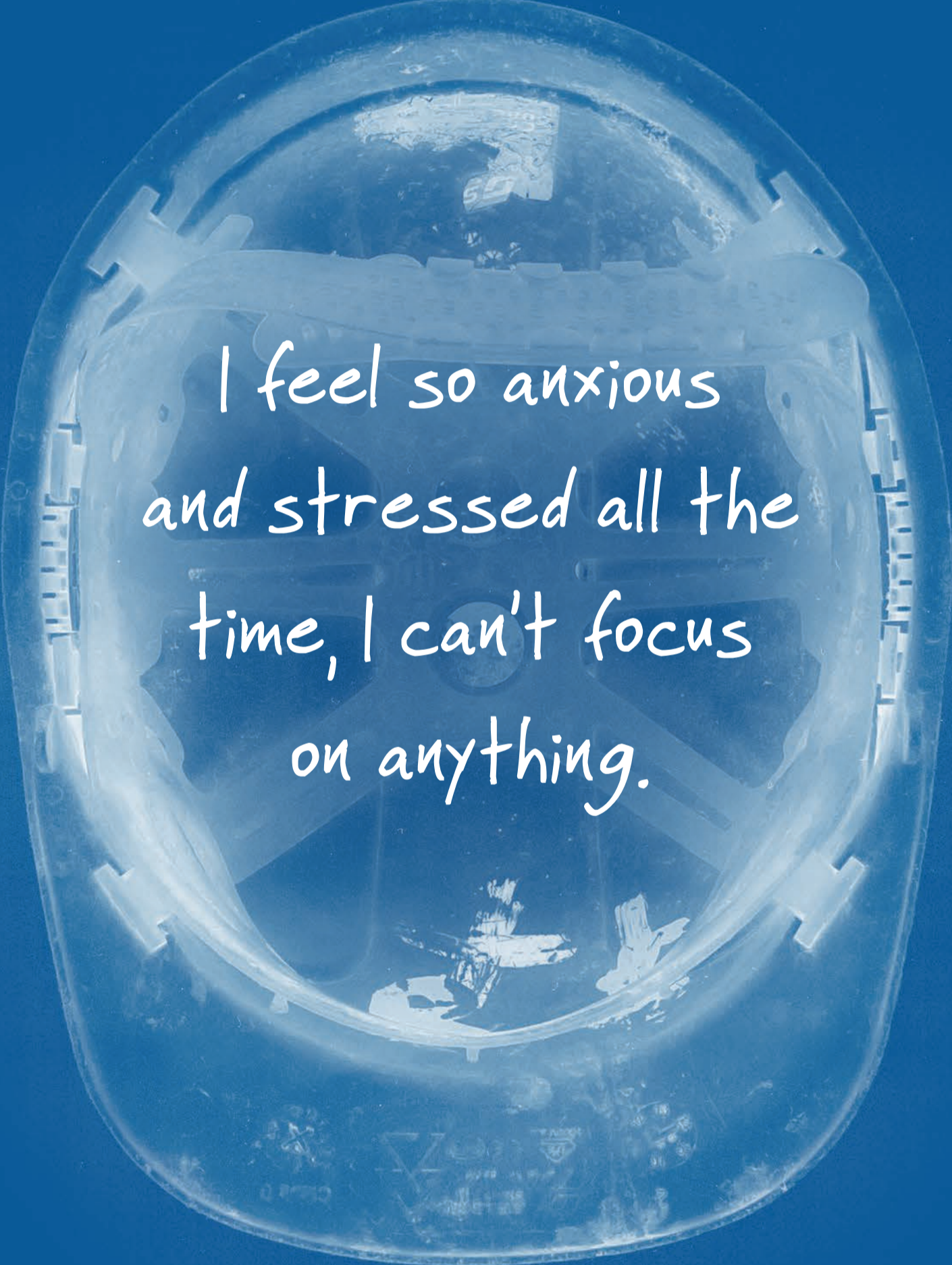


# Help Inside the Hard Hat



I feel so anxious  
and stressed all the  
time, I can't focus  
on anything.

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.

 <p><b>Lighthouse</b> The Construction Industry Charity CLUB</p>	<p><b>Construction Industry Helpline</b></p> <p>UK 0345 605 1956 ROI 1800 939 122</p>	<p>Supported by</p>  
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