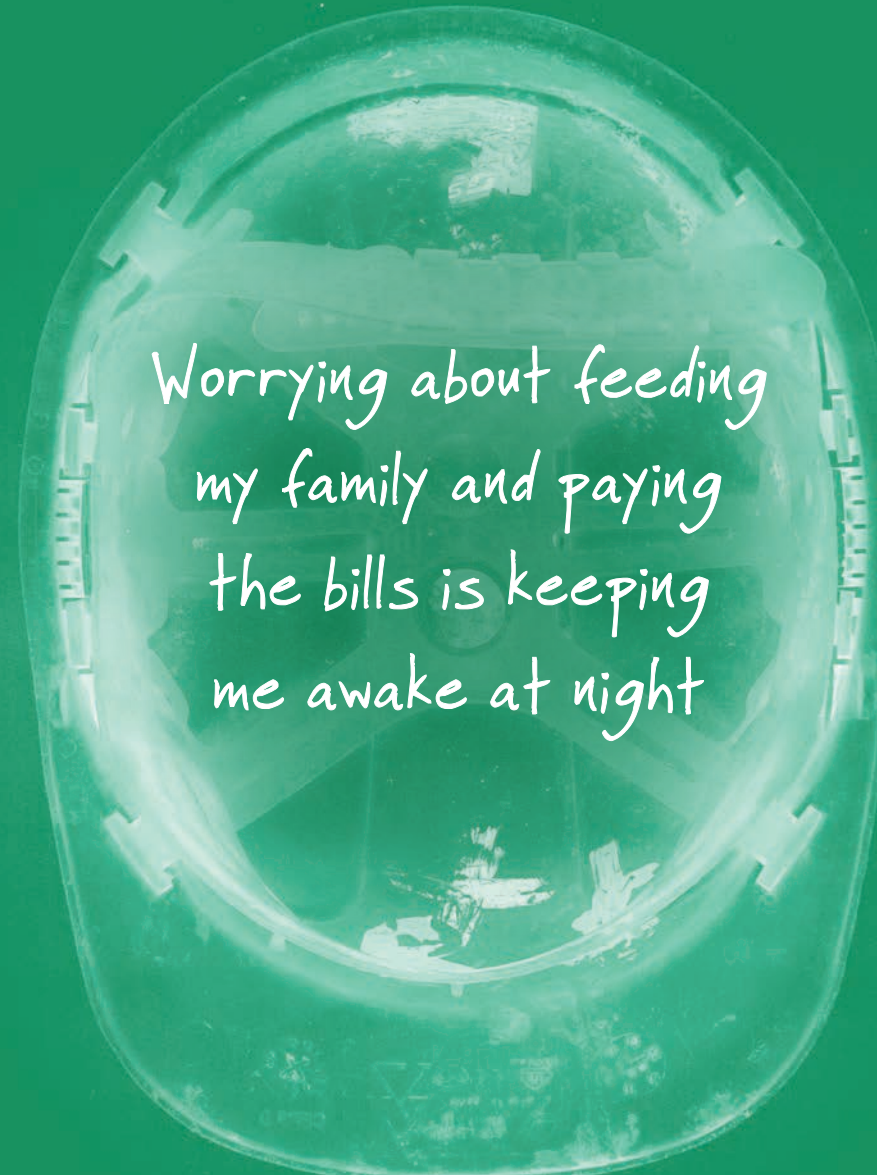
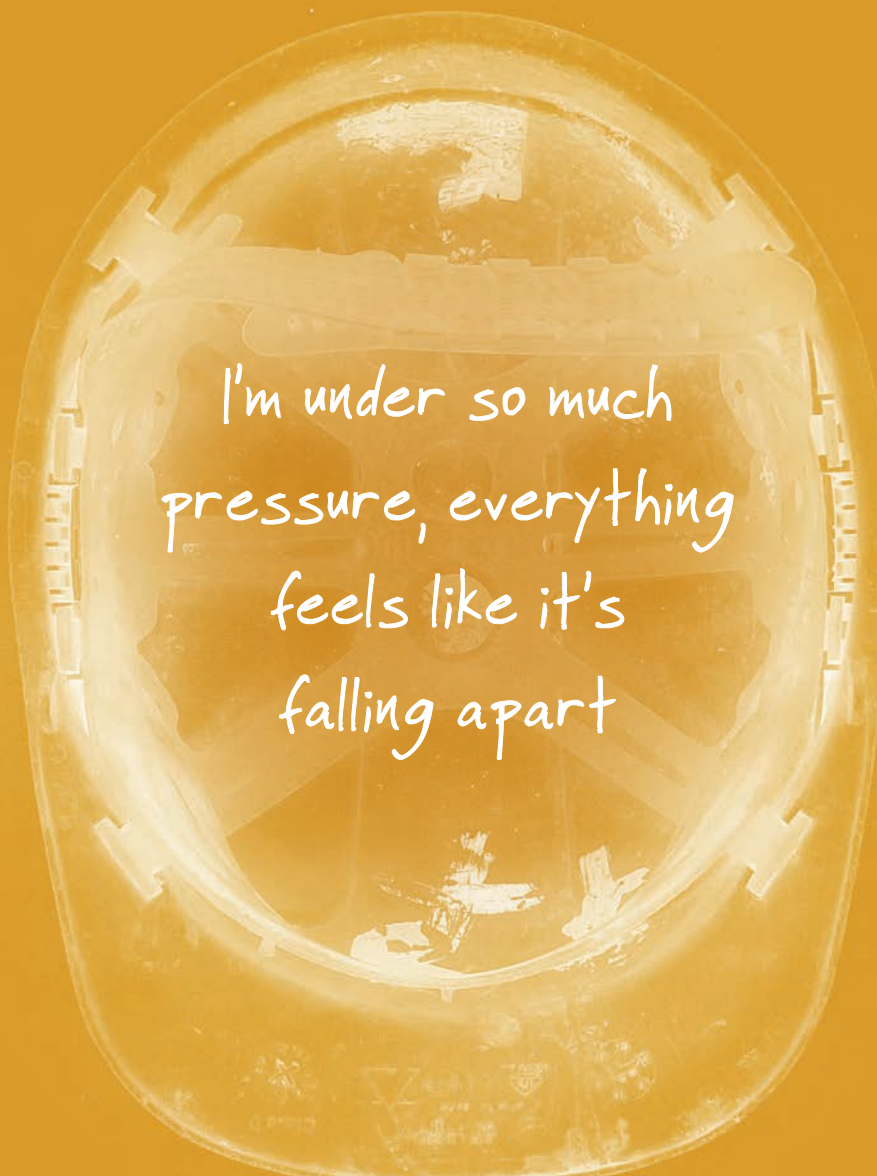


I feel so anxious
and stressed all the
time, I can't focus
on anything



Worrying about feeding
my family and paying
the bills is keeping
me awake at night



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.

**Help Inside
the Hard Hat**



**Construction
Industry Helpline** 
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