lighthouse
The Construction Charity

#MakeItVisible

SCAN HERE
TO ACCESS
FREE AND
CONFIDENTIAL
SUPPORT NOW



IF YOU'RE STRUGGLING
HELP IS HERE

The #MakeItVisible team are on their way!

They'll be on site to raise awareness of wellbeing in construction, share their own experiences and offer emotional, physical and financial support.

Time

.....

Date

.....

Location

.....

EMOTIONAL WELLBEING	PHYSICAL WELLBEING	FINANCIAL WELLBEING
MENTAL HEALTH	ILLNESS	FINANCIAL SUPPORT
RELATIONSHIPS	INJURIES	BENEFIT ENTITLEMENT
LONELINESS	ADDICTIONS	BUDGETING
TRAUMA SUPPORT	SLEEP	DEBT MANAGEMENT
BULLYING	DIET & NUTRITION	TAX & CIS
LOSS & BEREAVEMENT	EXERCISE	LEGAL ADVICE
SUICIDAL THOUGHTS	HORMONE SUPPORT	TRAINING & CSCS FEES

24/7 Helpline 24/7 FREE AND CONFIDENTIAL ADVICE TO ANYONE WORKING IN CONSTRUCTION

UK 0345 605 1956 ROI 1800 939 122

OR TEXT HARDHAT TO UK 85258 OR ROI 50808

The Lighthouse Construction Industry Charity is the only charity that provides emotional, physical and financial wellbeing support to the construction community and their families. lighthouseclub.org

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