

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.



Construction
Industry Helpline

UK 0345 605 1956
ROI 1800 939 122

Supported by



Help Inside the Hard Hat

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

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Every day is the same.
I'm so sad and flat all
the time, I just don't
feel like myself
any more.

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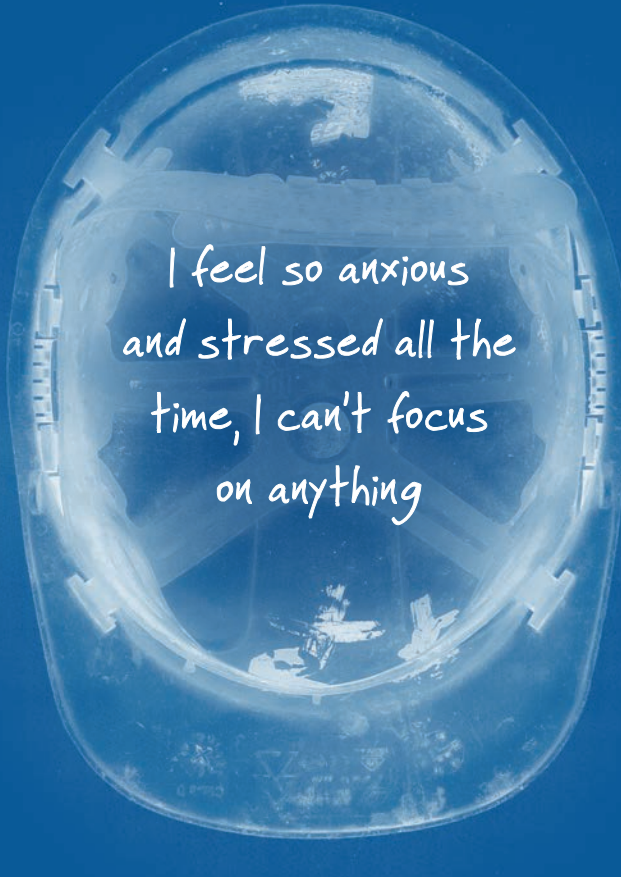
*I'm under so much
pressure, everything
feels like it's
falling apart.*

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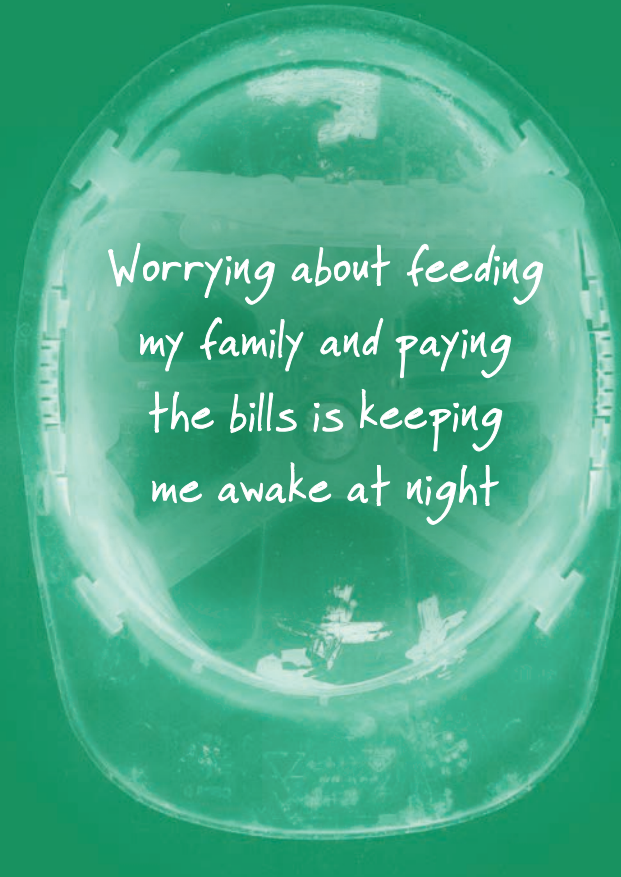


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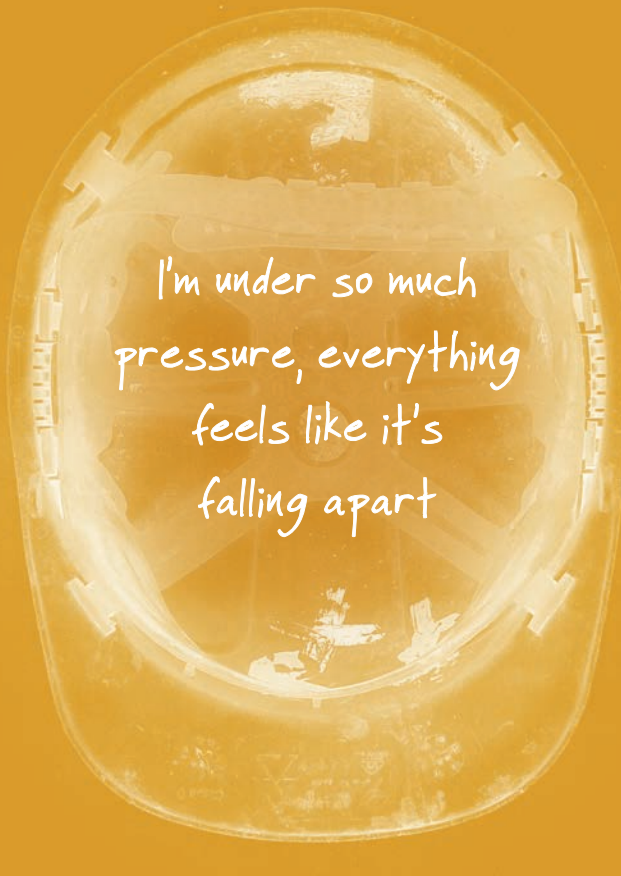




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