



# Construction Industry Helpline

UK 0345 605 1956  
ROI 1800 939 122

Supported by



We are the only charity that is 100% dedicated to the physical, mental and financial wellbeing of our construction workers and their families in Ireland and the UK.

**Our mission is that no construction worker or their family should feel alone in a crisis.**

We are achieving that mission through the delivery of a variety of completely free resources to support our construction community.

## RESOURCES FOR YOU AND YOUR COMPANY

### 24/7 Construction Industry Helpline and Helpline Packs

Our 24/7 Construction Industry Helpline provides free and confidential support on a huge variety of physical, mental and financial wellbeing issues for all construction workers and their families.

To publicise our helpline to your employees and subcontracted workforce you can purchase one of our helpline packs. Available at low cost, they contain wallet-sized helpline cards that can be distributed as you wish and A2 posters that can be placed around your office or sites so that people are aware of the helpline number.



ORDER PACK



### Helpline App

Our free Construction Industry Helpline app is a preventative tool, and helps to build resilience in the areas of mental, physical, and financial wellbeing. Each section of the app offers learnings about a variety of conditions and issues, self-assessment tools, coping strategies and referral pathways to access expert advice and support in their locality.



WATCH OUR VIDEO EXPLAINING MORE ABOUT THE APP

DOWNLOAD THE APP FOR FREE

APPLE DOWNLOAD

ANDROID DOWNLOAD



### Free Mental Health and Wellbeing Training

A crucial element of our strategy to provide pro-active support to the industry is to ensure the widespread availability of free construction focussed training programmes. These range from hour long interactive wellbeing sessions through to the half day and full two day MHFA England approved Mental Health First Aider courses.

VIEW THE FULL LIST OF COURSES

### Building Mental Health Programme

As one of the founder members of the industry's [Building Mental Health Programme](#), we have developed an online portal of information that provides free information and resources to help you encourage a positive mental health culture in your organisation. It includes a five step framework for better mental health and includes downloadable tool box talks and videos to support your activities.



START YOUR JOURNEY



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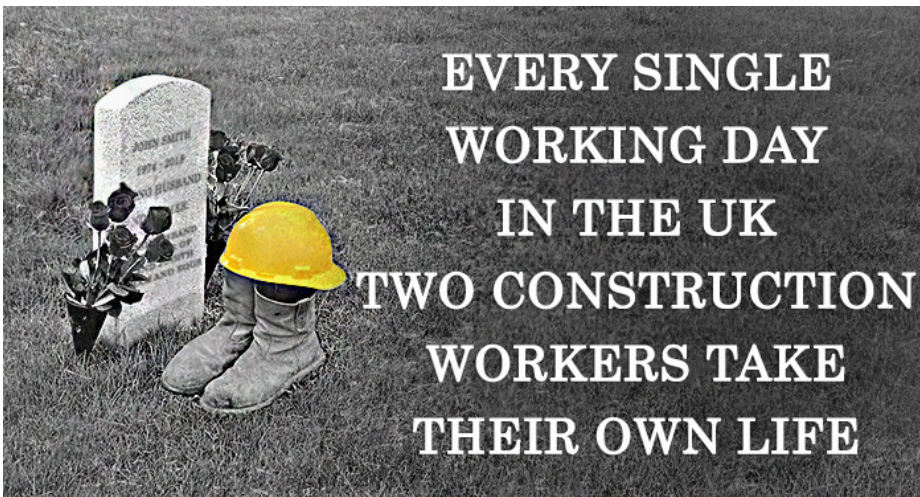
You can help us achieve our mission of ensuring no construction worker or their family is left alone in a crisis in a number of ways.

## HOW YOU AND YOUR COMPANY CAN GET INVOLVED

### When tragedy strikes

Recently, our helpline took a call from a family suffering the worst possible tragedy. Learn how your support can help make a difference and ensure that no construction worker or their family is alone in a crisis.

Watch our video to learn how your support changes lives and supports our construction colleagues and their families when they need it the most.



### Become a Company Supporter

We desperately need companies just like yours to pledge an annual donation and become a [Company Supporter](#).

This provides us with a predictable and sustainable income so that we can plan ahead with confidence and grow our vital charitable services to provide even more pro-active support to our industry. With two construction workers taking their own life every working day, and stress, anxiety and depression accounting for a fifth of all work-related illness, we also need to ensure that we can continue to provide free and confidential support through our 24/7 Construction Industry Helpline to our construction workers in crisis.

FIND OUT MORE

### Hold a Lighthouse Day

Take just one day to help our own.

Your Lighthouse Day can be anything you want, an office quiz, a site BBQ or maybe something more energetic like a tough mudder challenge or other team event. Our [fundraising hub](#) includes loads of ideas and advice, along with all the resources you'll need to make your day a success.

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