



## If You Need Help, Just Ask

FREE support is available for all construction workers (and their families). This includes guidance and assistance on emotional, physical and financial wellbeing.

Download the '**Construction Industry Helpline**' App or visit the Lighthouse Club webpage:  
[www.constructionindustryhelpline.com/](http://www.constructionindustryhelpline.com/)

**Construction Industry Helpline and Wellbeing App**

**1800 939 122**  
CONFIDENTIAL 24/7 SUPPORT

Lighthouse Club | Construction Industry Helpline App | Supported by Considerate Constructors

# Merry Christmas

AND HAPPY NEW YEAR 2023

FROM THE CIF SAFETY & HEALTH COMMITTEE

