

IF YOU'RE STRUGGLING, HELP IS HERE!





Lighthouse
The Construction Industry Charity
CLUB

Construction Industry Helpline



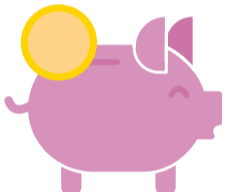
UK 0345 605 1956
ROI 1800 939 122

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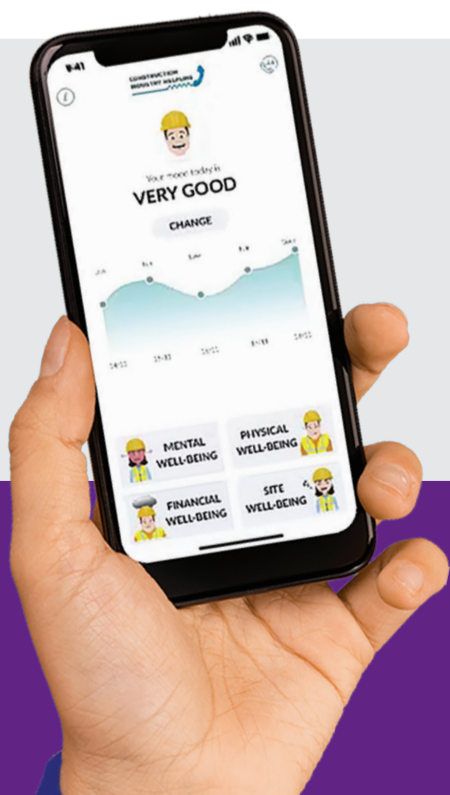



The Lighthouse Construction Industry Charity is the only charity dedicated to providing professional support for construction workers and their families struggling with **Emotional, Physical or Financial** issues.

We give information, advice and guidance and if required telephone counselling on:

		
<p>EMOTIONAL WELLBEING COVERING</p> <ul style="list-style-type: none"> STRESS ANXIETY DEPRESSION ANGER MANAGEMENT BUILDING RESILIENCE SUICIDAL THOUGHTS 	<p>PHYSICAL WELLBEING COVERING</p> <ul style="list-style-type: none"> CANCER & DIABETES SUPPORT ACHES AND PAINS NUTRITION WEIGHT MANAGEMENT SLEEPING PROBLEMS ALCOHOL AND DRUG ADDICTION 	<p>FINANCIAL WELLBEING COVERING</p> <ul style="list-style-type: none"> EMERGENCY FINANCIAL AID BENEFIT ENTITLEMENT BUDGETING DEBT MANAGEMENT TAX, CIC AND LEGAL ADVICE RETIREMENT PLANNING

We also provide **FREE Online interactive training sessions** on Financial Management, Building Resilience, Managing Stress, Work Life Balance, Mindfulness, Meditation and Mental Health Awareness.



DOWNLOAD OUR HELPLINE APP TODAY



or search **Construction Industry helpline** on your app store.

Our support is **FREE** to anyone working in construction, available 24/7 and completely confidential.

For more information visit www.constructionindustryhelpline.com

Our services are FREE and funded by companies in our industry for the people in our industry. Please be aware that even though your company may be a valued supporter, your information remains confidential to our charity.