



IF YOU'RE STRUGGLING, HELP IS HERE!

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

EMOTIONAL WELLBEING

MENTAL HEALTH

RELATIONSHIPS

LONELINESS

TRAUMA SUPPORT

BULLYING

LOSS & BEREAVEMENT

SUICIDAL THOUGHTS

PHYSICAL WELLBEING

ILLNESS

INJURIES

ADDICTIONS

SLEEP

DIET & NUTRITION

EXERCISE

HORMONE SUPPORT

FINANCIAL WELLBEING

FINANCIAL SUPPORT

BENEFIT ENTITLEMENT

BUDGETING

DEBT MANAGEMENT

TAX & CIS

LEGAL ADVICE

TRAINING & CSCS FEES

Helpline

UK 0345 605 1956 **ROI** 1800 939 122

Support available in over 100 languages.
Visit lighthouseclub.org

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