



lighthouse
The Construction Charity

IF YOU'RE STRUGGLING, HELP IS HERE!

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

EMOTIONAL WELLBEING

MENTAL HEALTH

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TRAUMA SUPPORT

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SUICIDAL THOUGHTS

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ILLNESS

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HORMONE SUPPORT

FINANCIAL WELLBEING

FINANCIAL SUPPORT

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DEBT MANAGEMENT

TAX & CIS

LEGAL ADVICE

TRAINING & CSCS FEES

Helpline

UK 0345 605 1956 ROI 1800 939 122

Support available in over 100 languages.
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