



The Lighthouse Charity provides 24/7 holistic support to our UK and Ireland construction community on all aspects of emotional, physical and financial wellbeing.



Our vision

No construction worker or their family should feel alone in a crisis.



Our mission

To ensure that our construction community can easily access the emotional, physical and financial wellbeing support they need and to develop healthy and sustainable futures for this generation and the next.

RESOURCES FOR YOU AND YOUR COMPANY

24/7 Confidential Helpline

Our Construction Industry Helpline is available to everyone working in construction including subcontractors, agency workers and allied trades - offering emotional, physical and financial wellbeing support. Whether you need advice on something specific or simply need to speak with someone about what is troubling you, we are here to help.

Call 0345 605 1956 (UK)

Call 1800 939 122 (ROI)

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

EMOTIONAL WELLBEING	PHYSICAL WELLBEING	FINANCIAL WELLBEING
MENTAL HEALTH	ILLNESS	FINANCIAL SUPPORT
RELATIONSHIPS	INJURIES	BENEFIT ENTITLEMENT
LONELINESS	ADDICTIONS	BUDGETING
TRAUMA SUPPORT	SLEEP	DEBT MANAGEMENT
BULLYING	DIET & NUTRITION	TAX & CIS
LOSS & BEREAVEMENT	EXERCISE	LEGAL ADVICE
SUICIDAL THOUGHTS	HORMONE SUPPORT	TRAINING & CSCS FEES



Text HARDHAT Service

For those who aren't comfortable talking, our 24/7 text service gives you immediate access to text back counselling.

Text HARDHAT to 85258 (UK)

Text HARDHAT to 50808 (ROI)

Live Chat Service

Experience real-time wellbeing support from our helpline advisors (we're not automated bots!) If finding a place to talk is difficult then our live chat service offers you complete privacy whatever your setting. Our live chat service also offers the ability to communicate in over 120 languages.

Live Chat is available on: lighthousecharity.org

Wellbeing Academy

The Wellbeing Academy embraces every style of learning including self-paced eLearning, online tutor led sessions and onsite training. The academy also offers a variety of courses that support everyone in our industry from soft skills training, through to MHFA accredited qualifications.

[FIND OUT MORE](#)

Lighthouse Beacons

Lighthouse Beacons are dedicated volunteer centres dotted around the UK and Ireland. These Beacons offer a safe space for people to come together and talk in a confidential and supportive environment. You're invited to open up about challenges you've encountered or continue to face, surrounded by a diverse community, free from judgement.

[CLICK HERE](#)



Self-Support App

The ultimate self-help tool in the palm of your hand



The 'Construction Industry Helpline' self-support app covers all aspects of wellbeing. The app is packed with information about different conditions, how to develop coping strategies and signposts to over 3,000 accredited organisations that provide support.

Download for free from the Apple and Google Play app stores.





24/7 Helpline
UK 0345 605 1956
ROI 1800 939 122

Text **HARDHAT** to
UK 85258 or ROI 50808

HOW YOU AND YOUR COMPANY CAN SUPPORT THE LIGHTHOUSE CHARITY



IF YOU'RE STRUGGLING, HELP IS HERE!
 24/7 FREE AND CONFIDENTIAL SUPPORT TO ANYONE WORKING IN CONSTRUCTION

EMOTIONAL WELLBEING	PHYSICAL WELLBEING	FINANCIAL WELLBEING
MENTAL HEALTH	ILLNESS	FINANCIAL SUPPORT
RELATIONSHIPS	INJURIES	BENEFIT ENTITLEMENT
ISOLATION	DISABILITIES	BUDGETING
TRAUMA SUPPORT	SLEEP	DEBT MANAGEMENT
BUILDING	DIET & NUTRITION	TAX & CIS
LOSS & GRIEF	EXERCISE	LEGAL ADVICE
ANXIETY	HORMONE SUPPORT	TRAINING & CCF/FEES

Helpline
UK 0345 605 1956 ROI 1800 939 122

Support available in over 100 languages. Visit lighthousecharity.org



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Get your Helpline Pack

Ensure your employees and subcontracted workforce know how to reach out for help by sharing our helpline posters and cards across your sites or workplace.

ORDER PACK

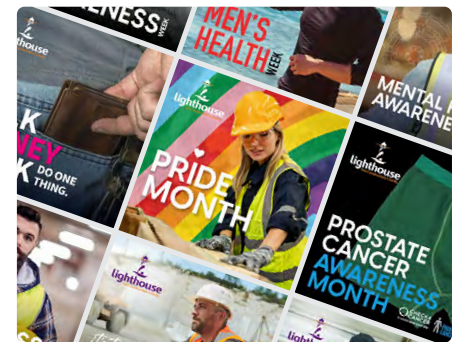
Are you a Company Supporter?

Become a Company Supporter by pledging an annual donation and gain access to our dedicated Company Supporter Hub with lots of free resources for you to support your company's wellbeing strategy. Containing awareness campaign information and social media assets, our Company Supporter Hub is designed to make it easy for you to make your workforce aware of the support available to them. As a Company Supporter, you will also have access to all the training in our Wellbeing Academy completely free of charge and receive an exclusive 'Hard Hat Heads Up' newsletter, keeping you updated with new charitable services and campaign information before everyone else. You'll even get a special shout out across our social media platforms and your logo on our Company Supporters webpage!

PLEDGE TODAY

Help us raise awareness

Help us spread the word about the Lighthouse Charity by sharing information about our support and services with family, friends and colleagues. By sharing our awareness campaigns on social media, you help us reach a broader audience, ensuring more individuals are aware of where to access free support.



Hold a Lighthouse Day

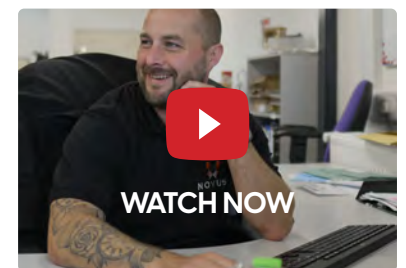
Get your team together for a fundraising Lighthouse Day! You can find everything you need to hold a successful Lighthouse Day on our Fundraising Hub, including activity ideas and how to set up your donation page.

START FUNDRAISING

How your support helps

Your support is vital in ensuring that no construction worker or their family feels alone in a crisis. Watch the video to see how your help enabled us assist a family suffering the worst possible tragedy.

FIND OUT WHO WE'VE HELPED



Sign up to the Beacon, our monthly newsletter, to stay up to date with all our latest news, awareness campaigns and charitable services.

SUBSCRIBE