



# Construction Industry Helpline

UK 0345 605 1956  
ROI 1800 939 122

Supported by



## Our mission is that no construction worker or their family should feel alone in a crisis.

We are the only charity that is 100% dedicated to our construction community in Ireland and the UK and a crucial element of our strategy is to provide free and easy access to a wide range of pro-active resources to support the wellbeing of our workforce.

## How we 'Help Inside the Hard Hat' RESOURCES FOR YOU AND YOUR COMPANY

### 24/7 CONFIDENTIAL HELPLINE

Our helpline is available to everyone on site including subcontractors, agency workers and allied trades and offers 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 then we are here to help.

<b>EMOTIONAL WELLBEING COVERING</b>	<b>PHYSICAL WELLBEING COVERING</b>	<b>FINANCIAL WELLBEING COVERING</b>
STRESS	OCCUPATIONAL HEALTH	EMERGENCY FINANCIAL AID
ANXIETY	ACHES AND PAINS	STATE BENEFIT ENTITLEMENT
DEPRESSION	NUTRITION	BUDGETING
ANGER	WEIGHT MANAGEMENT	DEBT MANAGEMENT
SLEEP	CANCER SUPPORT	TAX, CIC AND LEGAL ADVICE
SUICIDAL THOUGHTS	ALCOHOL AND DRUG ADDICTION	RETIREMENT PLANNING

### Text HARDHAT service

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

**FEELING LOW?  
STRESSED?  
NEED TO TALK?**

**START A CONVERSATION WITH US**

Free and confidential support 24/7

**Text HARDHAT to 85258 (UK)  
Text HARDHAT to 50808 (ROI)**



Our Wellbeing Academy covers a wide variety of topics and embraces every style and level of learning. Juggling a hectic schedule? Then register for our self paced e-learning modules that you can complete in your own time. Or how about one of our scheduled instructor led masterclasses? We also offer MHFA England accredited Mental Health First Aider qualification.

[FIND OUT MORE](#)

### SELF-SUPPORT APP

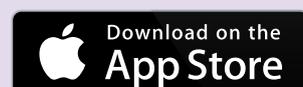
**THE ULTIMATE SELF-HELP TOOL IN THE PALM OF YOUR HAND**



POWERED BY COINS

Our 'Construction Industry Helpline' app covers all aspects of wellbeing and is packed with information about different conditions, coping strategies and signposting to over 3000 accredited organisations providing expert support.

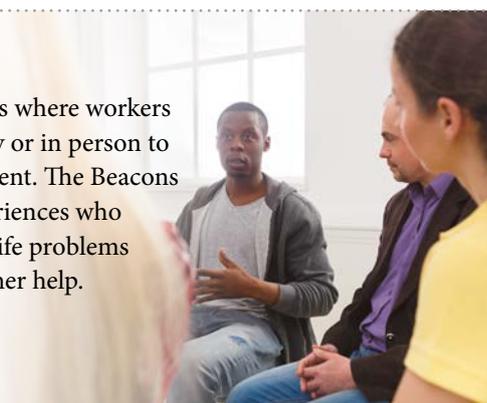
DOWNLOAD FOR FREE from the Apple and Google Play app stores.



### LIGHTHOUSE BEACONS

We have identified over 350 volunteer groups where workers can meet like minded people either virtually or in person to socialise and talk in a confidential environment. The Beacons are facilitated by individuals with lived experiences who are able to encourage those struggling with life problems to share their issues and if needed, seek further help.

[FIND OUT MORE ABOUT OUR SUPPORT](#)



## HOW YOU AND YOUR COMPANY CAN ‘Help Inside the Hard’ Hat



### 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](#)

### Join our Help Inside the Hard Hat Campaign

Help us spread the word about our services and support by displaying our Help Inside the Hard Hat posters around your site. You can even share them on site hoardings, buildings and vehicles! The posters can be downloaded free of charge and we can send you the artwork if you'd like to go large with your support.

[FIND OUT MORE](#)



### Become a Company Supporter

Become a Company Supporter by pledging an annual donation and access our dedicated Company Supporter Hub with lots of resources to support your wellbeing strategy.

With access to our monthly campaign information and social media assets, we've made it easy for you to help raise awareness of all the support we have available for your team. You can also access all the training in our Wellbeing Academy completely free of charge and every month you'll also receive our 'Hard Hat Heads Up' which will keep you up to date with our new charitable services and campaign information. You'll also get a special shout out on social media and your logo on our Company Supporters webpage!

[START YOUR JOURNEY](#)

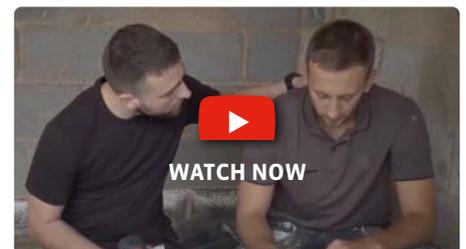
### Hold a Lighthouse Day

Get your team together for a fundraising Lighthouse Day. It can be anything you want and we've got loads of ideas and resources in our fundraising pack to help you make your day a success.

[START FUNDRAISING](#)

### How your support helps

We took a call from a family suffering the worst possible tragedy. Learn how your support can make a difference and ensure that no construction worker or their family is alone in a crisis.



Follow us for all the latest news about our campaigns and charitable services and subscribe to our monthly newsletter



Subscribe to our regular e-zine

