



Become a Company Supporter



Providing emotional, physical and financial wellbeing support
to the construction community and their families.



Every working day in the UK
and Ireland, **2 construction
workers take their own life**

The Lighthouse Construction Industry Charity



Our Charity

We are the only charity 100% dedicated to the emotional, physical and financial wellbeing of our construction community in the UK and Ireland. We have developed a significant portfolio of services to help deliver the best possible support to our construction workforce and their families.



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.



Our Funding

We receive no public sector funding and rely on the generosity of the industry to help us help their own.

Become a Company Supporter

By committing to an annual donation and becoming a Company Supporter, you will help provide us with a reliable and sustainable income so that we can plan ahead.

This means that not only can we maintain our huge portfolio of existing resources, we can also extend our charitable services to reach even more people that need our support.

Our Charitable Services

Free 24/7 Confidential Helpline

Our Construction Industry Helpline covers all aspects of emotional, physical and financial wellbeing. It is available to everyone working within construction including subcontractors, agency workers and allied trades. Additionally, we provide translation services for individuals whose primary language is not English.

Call 0345 605 1956 (UK)
Call 1800 939 122 (ROI)



Free Text HARDHAT Support Service

Our text HARDHAT service provides immediate one-to-one support on a huge range of wellbeing issues and can signpost to further specialist support if required.

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



Free Self-Support App

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



Please be advised that we strictly adhere to GDPR regulations. All cases are handled with the utmost confidentiality, and we do not disclose any data to third-party companies.

Free 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.

Talk to our helpline advisors for confidential emotional, physical and financial wellbeing support.

We're not automated bots!

Available on: lighthouseclub.org,
and makeitvisible.info

Live Chat

Powered by **Futr**

AVAILABLE IN
120
DIFFERENT
LANGUAGES

15:12
X Lighthouse Charity
Live Agent
Hello, you're speaking to Chelsea.
All of our Live chats are recorded for training and monitoring purposes. Everything we discuss will remain confidential within the service unless you disclose a risk to yourself, someone else or any involvement in a crime.
How can I help you today?
Hi I'm feeling really low and depressed at the moment, are you able to help me please?
Live Agent
Sorry to hear you're feeling low at the moment, you've done the right thing by reaching out for support today. We have a range of services that you may find beneficial - we will talk through them to see what route you think would be best for you, does that sound ok?
Yes that would be good thank you. I tried to sort it out myself but it's too stressful on my own, I need help.
How can I help?

SCAN HERE TO START LIVE

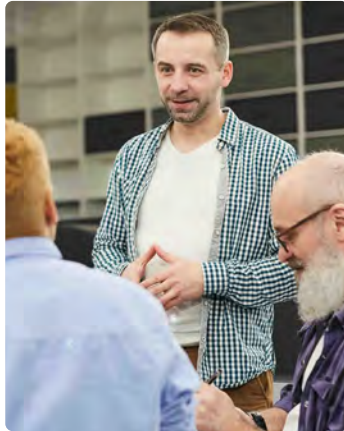
Please note, that our live chat service is currently available from 9am-6pm, but our free 24/7 helpline services remain accessible outside of these hours.

Our Charitable Services

Free 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](#)



Free #MakeItVisible Site Visits

Our team are travelling around the UK and Ireland, visiting construction sites and reaching out to the frontline trades. We're letting them know about the crucial support and wellbeing services we provide for free to our construction community.

[Click here](#)



Free Critical Incident Support

If your site or workplace has an incidence of suicide or accident, our critical response team can provide specialist trauma support. We coordinate the appropriate level of response to offer immediate support, which is delivered either on site or remotely. A follow up visit can signpost to additional support if necessary, including trauma therapy or trauma counselling.

[Click here](#)



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Free Wellbeing Academy

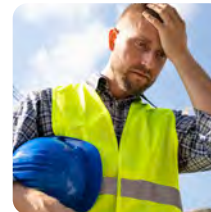
The Wellbeing Academy embraces every style of learning including self-paced eLearning, online tutor led sessions and onsite training. The academy also offers a variety of courses that support everyone in our industry from soft skills training, through to MHFA accredited qualifications.

[Click here](#)



Self-paced eLearning

Develop your understanding of wellbeing and gain new knowledge and skills across various topics to empower your own emotional, physical and financial wellbeing – as well as those around you. Bronze, Silver and Gold course topics include: Banter vs Bullying, Building Resilience, Managing Debt, Mindfulness and more.



Wellbeing Exclusives

These individual courses are designed to create a holistic approach to employee wellbeing, as well as a supportive, balanced and healthy work environment. Courses include: Menopause, Suicide Awareness, Managing Mental Health in the Workplace, Taking Control: Drugs & Alcohol, Start Meditating, and Wellbeing Wednesday.



MHFA Accredited Mental Health First Aid Courses

These courses will provide a comprehensive approach to mental health and equip you with tools to recognise and address mental health issues professionally. Courses include: Mental Health Awareness, Mental Health First Aider and Mental Health First Aider (Refresher).



MHFA Wellbeing Support

Providing Mental Health First Aiders and Wellbeing Champions with tools and practices to enhance their own wellbeing, mitigate burnout risks, and receive necessary support for their vital roles. Includes: Wellbeing for Mental Health First Aiders course and Wellbeing Champion and First Aider Support Log.

Become a Company Supporter Today

Join us by becoming a Company Supporter of the Lighthouse Charity so that we can continue to provide emotional, physical and financial wellbeing support to our construction community.

By becoming a company supporter, you will be helping us continue our vital work to ensure our construction families are supported with necessities such as putting food on the table and paying their bills. Your support also means that we can improve and extend our portfolio of charitable services for both individuals and companies, including fast access to counselling, free training and critical incident support.

A pledge of **£1,000 / €1,000** provides **ONE** of the following:



14
emergency
family shops



3
household
white goods



7
household
energy bills



16
counselling
sessions



4
home
starter packs



6 suicide
awareness
courses

A pledge of **£10,000 / €10,000** provides **ONE** of the following:



5 days of wellbeing
site visits with our
#MakeltVisible team

OR



2 Critical incident
support interventions
(each incident normally has 2 interventions)

These figures are for indicative purposes only and are correct as of February 2024

Your Support, Changing Lives

Martyn's Story

Martyn, an experienced painter, faced mental health challenges amid personal struggles including the breakdown of his marriage and a reliance on heavy drinking. Seeking support from his company, he was connected with the Lighthouse Charity and we provided counselling to help manage his wellbeing. Martyn

successfully weaned himself off medication and learned to openly discuss his mental health challenges. Now feeling more confident, Martyn is grateful for the support received and remains open to seeking help if necessary in the future.



Jane's Story

'Jane', a 50-year old administrative worker within the construction industry found her life take a drastic turn when her husband left the family home. Struggling to pay the mortgage and bills on her own, she contacted Lighthouse Charity for support. Weekly food shops were arranged to alleviate the immediate financial pressure, and

we undertook a comprehensive financial assessment to determine the most effective support moving forward. Jane is now back in control of her finances with her own budget plan, sleeping better and no longer suffering with anxiety.

Nathan's Story

Nathan, a young construction worker, was diagnosed with Stage 2 testicular cancer which coincided with the birth of his second child with partner Amy. Turning to the Lighthouse Charity for support, they received assistance with bills, housing, childcare, and counselling, enabling Nathan to focus on treatment. Now in remission, despite a recent tumour discovery, Nathan's health is improving, he has returned to work and passed his driving test. The family remains positive for the future and are enjoying life together in their new home.



Company Supporter Resources

Building Wellbeing

Discover how to promote positive wellbeing throughout your organisation with our Building Wellbeing flyer. Whether it's spreading awareness on site or maximising engagement with our app, this step-by-step guide offers a range of simple actions to ensure that your team are accessing all the resources available including our 24/7 support services and free training. There's even information about how to hold a fundraising Lighthouse Day!



Company Supporter Hub

We want to make it easy for you to get involved and raise awareness of all our charitable services, so we've created a dedicated hub of resources just for you!

Access downloadable and print ready versions of our:

- Helpline posters and cards
- #MakeItVisible posters and stickers
- Monthly awareness campaigns
- Social media assets
- Email signatures



Benefits of becoming a Company Supporter

- ✓ Free full access to all training courses within our Wellbeing Academy, including MHFA Accredited Mental Health First Aid courses and Managing Mental Health in the Workplace
- ✓ Access to our exclusive Company Supporter Hub with monthly awareness campaigns, advice and social media assets
- ✓ A dedicated 'Hard Hat Heads Up' monthly newsletter which lets you know about all the latest updates to our charitable services and how to get involved
- ✓ A free pack of helpline cards and posters for you to share with your team and display on site
- ✓ Your logo on our Company Supporters page for pledges of £/€1,000 or more per year. If you pledge over £10,000/€10,000, your logo will be put on our Wall of Fame!
- ✓ Thank you message across our social media channels
- ✓ Inclusion of your logo in our monthly newsletter, The Beacon
- ✓ Bespoke 'Proud to Support' Company Supporter graphics with your logo so you can promote our partnership with your supply chain and customers
- ✓ A letter and certificate of thanks for you to proudly display

Become a Company Supporter today!

To pledge now, or to find out more information, please contact our Company Supporters team.

Email: companysupporter@lighthouseclub.org
Phone: 01473 913211 Visit: lighthouseclub.org





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**

UK Charity Registration No 1149488. ROI Charity Registration No 20200334. Company Registration No 08244118.

