



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 Charity

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

Become a Company Supporter

By committing to an annual donation and becoming a Company Supporter, you will be providing us with a predictable 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. We also offer a free translation service for those who don't have English as their first language.

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

Our 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.



Click here
to download



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 Web 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 web chat service offers you complete privacy whatever your setting. Our live web chat service also offers the ability to communicate in over 100 languages.

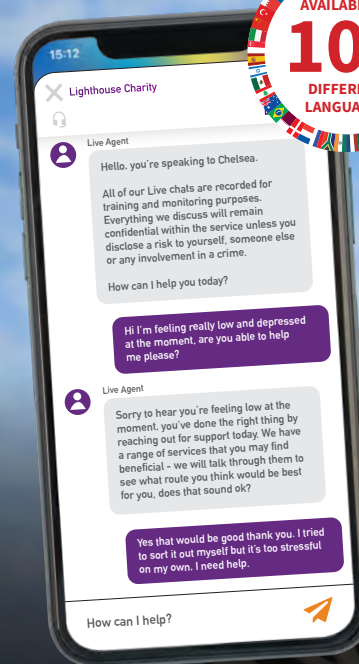
Talk to our helpline advisors
for confidential emotional,
physical and financial
wellbeing support.

We're not automated bots!

Available on: lighthousecharity.org

Live Web Chat

Powered by  Futr



SCAN HERE
TO START LIVE CHAT



Please note, that our live web chat service is currently available from 9am-6pm, but our free 24/7 helpline services remain accessible 24/7, every day of the week.

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](#)

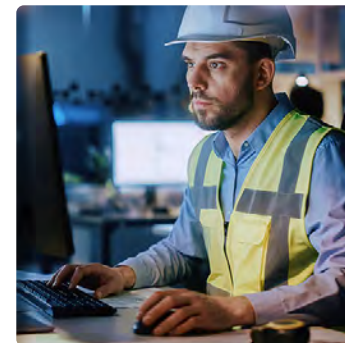


All communication with us is strictly confidential and will not be shared with third parties.

Free Wellbeing Academy

Our 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. Courses include Banter vs Bullying, Building Resilience and Managing Stress, along with essential financial topics covering debt, credit and budgeting.



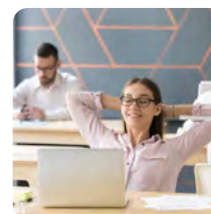
Wellbeing Exclusives

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 Suicide Awareness, Managing Mental Health in the Workplace, Taking Control; Drugs & Alcohol and Neurodiversity Awareness.



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 Mental Health First Aider Peer Support 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 by 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 August 2025

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

Extending the Message of Support

We want to make it easy for you to get Involved, promote positive wellbeing and extend the message of support to your own teams and beyond. Every month you'll be the first to know what's coming up in the campaign calendar through your dedicated 'Hard Hat Heads Up' newsletter. We even have a Company Supporter Hub just for you!



Company Supporter Hub

Packed with helpful resources our Company Supporter Hub is your go-to resource to find everything you need to amplify your support. From informative campaign materials, tool box talks and eye catching social media graphics, we've made it easy to share your commitment and inspire others to join the cause.

Resources include;

- Monthly Awareness Campaigns
- Campaign Calendar
- Helpline posters and cards
- Social media assets
- Email signatures & Charity logos



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@lighthousecharity.org

Phone: 01473 913211 Visit: lighthousecharity.org

Read our monthly newsletter

**THE
BEACON**
CLICK HERE



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
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

Helpline 

UK 0345 605 1956 ROI 1800 939 122

Support available in over 100 languages.
Visit lighthousecharity.org

