

**The Lighthouse Charity**

The Lighthouse Charity is uniquely positioned as the only charity dedicated to providing emotional, physical and financial wellbeing support to the construction community and their families.

A crucial element of the charity’s strategy is to provide a wide range of free and widely available reactive and pro-active resources to support the industry.

The charity offers a free and confidential 24/7 helpline, live web chat service and text facility which provides a range of information, guidance and support on a huge variety of wellbeing issues. These services are complemented by their free self-support app, along with their Lighthouse Beacons who provide a safe space for people to share concerns.

The Lighthouse Charity’s Wellbeing Academy offers a variety of free soft skills and leadership training delivered across a variety of platforms to suit every learning style.

**If you or anyone you know is struggling, reach out for 24/7 free and confidential support now;**

24/7 helplines; 0345 605 1956, (UK) 1800 939 122 (ROI)

Live chat lighthouseclub.org

Text HARDHAT to 85258

Find out more at [www.lighthouseclub.org](http://www.lighthouseclub.org)

**How to reference our charity**

In the first instance in any copy, please refer to us as the Lighthouse Charity. From thereon you can continue to use the Lighthouse Charity or simply refer to us as #Lighthouse’.

**Logos in all formats can be found** [**here**](https://www.dropbox.com/scl/fo/130b1r3lbzn9m4nnp6qyn/AMiwmzX0psOvw9CgL8GGcIE?rlkey=xt45939cq2pj3g9l6yxtefxpt&st=1tdj8u3q&dl=0)