



IF YOU'RE STRUGGLING, HELP IS HERE!

We are the only charity dedicated to the emotional, physical and financial wellbeing of our construction community in the UK and Ireland

Helpline  24/7 FREE AND CONFIDENTIAL ADVICE

UK 0345 605 1956 **ROI 1800 939 122**

TEXT HARDHAT TO UK 85258 OR ROI 50808



EMOTIONAL WELLBEING COVERING



- STRESS
- ANXIETY
- DEPRESSION
- ANGER
- LOSS & BEREAVEMENT
- SUICIDAL THOUGHTS



PHYSICAL WELLBEING COVERING



- ACHES AND PAINS
- SLEEP
- WEIGHT MANAGEMENT
- CANCER SUPPORT
- ALCOHOL & DRUG ADDICTION
- MENOPAUSE SUPPORT



FINANCIAL WELLBEING COVERING

- EMERGENCY FINANCIAL AID
- STATUTORY ENTITLEMENT
- BUDGETING
- DEBT MANAGEMENT
- TAX, CIC AND LEGAL ADVICE
- RETIREMENT PLANNING

#MakeItVisible

SUPPORTING WELFARE AND
WELLBEING IN CONSTRUCTION

Access FREE
Support

MakeItVisible.info

