

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.

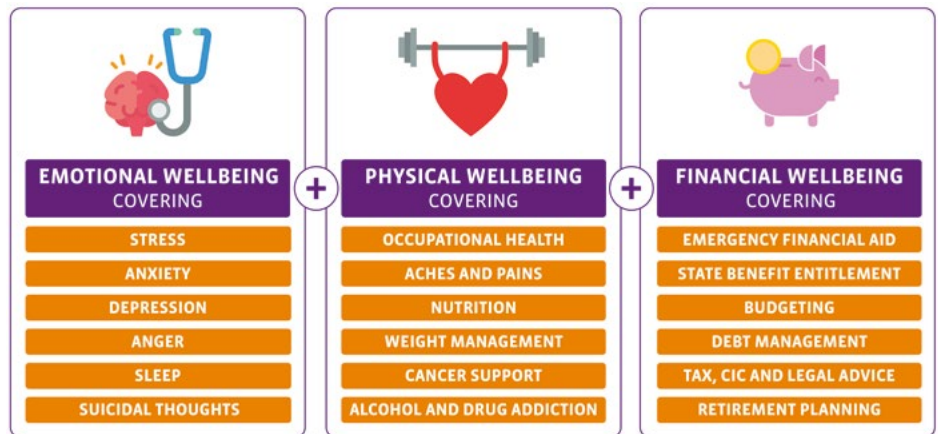
How we 'Help Inside the Hard Hat'

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.



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)

FREE WELLBEING MASTERCLASSES

These one hour wellbeing education sessions are CPD accredited and cover topics such as:

- Managing Stress
- Building Resilience
- Work Life Balance
- Mindfulness
- Meditation
- Financial Management
- Taking control - Alcohol and Drugs
- Crossing the line - Banter vs Bullying
- Promoting Happiness



SELF-SUPPORT APP

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

POWERED BY 



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 160 volunteer centres where workers can drop in to meet like-minded people and socialise and talk in a confidential environment. The Beacons are facilitated by individuals with lived experiences and 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. We've got lots of resources to help you develop your Road to Wellbeing strategy including free scheduled MHFA training and campaign assets for you to share. You'll also get a special shout out on social media and your logo on our website.

START YOUR JOURNEY

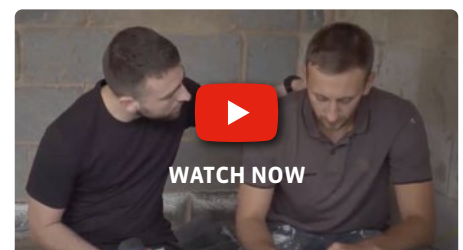
Hold a Lighthouse Day

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

