

Sometimes it can be difficult to balance the pressures of life, but there are people able to help you. Anytime
Your Employee Assistance Programme (where provided)



116 123 FREE
This number is FREE to call



Mind Infoline:
Call 0300 123 3393
or text 86463



Construction
Industry Helpline
0345 605 195

Mates in Mind is a registered charity in England and Wales (No. 1172460) and company limited by guarantee registered in England and Wales (No. 1033886)

the UK construction sector
recognised approach to
mental health and well-being
working in partnership
leading mental health
matesinmind.org



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let's get construction talking