

# CONSTRUCTION AND WIDER TRADES

## SECTOR SUPPORT



LIGHTHOUSE CHARITY – THE CONSTRUCTION INDUSTRY HELPLINE PROVIDES FREE, CONFIDENTIAL EMOTIONAL, PHYSICAL AND FINANCIAL WELLBEING SUPPORT FOR EVERYONE WORKING IN THE CONSTRUCTION AND WIDER TRADES SECTOR- 24/7  
HELPLINE: 0345 605 1956, TEXT: HARDHAT TO 85258

B&CE – CALL OUR CONSTRUCTION WORKER HELPLINE ON 0808 801 0372  
(FREEPHONE 8AM-8PM, 7 DAYS A WEEK)

BAND OF BUILDERS – PROVIDING PRACTICAL, FINANCIAL AND WELLBEING SUPPORT FOR MEMBERS OF THE UK CONSTRUCTION INDUSTRY. IF THINGS ARE BUILDING UP, NOW IS THE TIME TO TALK. FREEPHONE: 0808 196 2016, SMS: TEXT "BOB" TO 85258, WHATSAPP: TEXT "HI" TO +44 74 18360780. QUOTE BAND OF BUILDERS TO ACCESS SUPPORT.

THE ELECTRICAL INDUSTRIES CHARITY (EIC) SUPPORTS INDIVIDUALS IN THE UK ELECTRICAL AND ENERGY SECTORS WITH MENTAL HEALTH, WELLBEING, FINANCIAL, AND PRACTICAL ASSISTANCE. CONTACT EIC VIA EMAIL AT [SUPPORT@ELECTRICALCHARITY.ORG](mailto:SUPPORT@ELECTRICALCHARITY.ORG), [ONLINE FORM](#), OR CALL 0800 652 1618 (MONDAY TO FRIDAY, 9:00-17:00).

MATES IN MIND – UK PROGRAMME IMPROVING MENTAL WELLBEING ACROSS CONSTRUCTION, TRANSPORT AND RELATED SECTORS. – YOU CAN USE THE "BEAMATE" TEXT SUPPORT SERVICE, SIMPLY TEXT "BEAMATE" TO 85258 AND TRAINED VOLUNTEERS CAN HELP WITH ISSUES INCLUDING ANXIETY, STRESS, LONELINESS OR DEPRESSION AND ARE AVAILABLE 24/7.

THE FIX RADIO FOUNDATION HELPS UK TRADESPEOPLE AND THEIR FAMILIES –  
EMAIL [FOUNDATION@FIXRADIO.CO.UK](mailto:FOUNDATION@FIXRADIO.CO.UK)

## TAYSIDE CRISIS SUPPORT

**THE NEUK** – 9AM TO 9PM EVERY DAY, A MENTAL HEALTH CRISIS AND SUICIDE PREVENTION CENTRE WHO PROVIDE SUPPORT TO ANYONE AGED 16 YEARS AND OVER WHO ARE IN CRISIS. PHONE 07916292603 – ADDRESS: 18 ST PAULS SQUARE, PERTH PH1 5QW. AT THE SAME ADDRESS, **THE LIGHTHOUSE FOR PERTH** PROVIDE FREE MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE AGED BETWEEN 12-18 YEARS – MONDAY – FRIDAY 10AM – 4PM. OUTSIDE THESE HOURS PLEASE RING THE CRISIS LINE – 01738622422 AVAILABLE FROM 10AM – 10PM 7 DAYS A WEEK

**THE BEACON** COMMUNITY WELLBEING CENTRE IN ARBROATH – 0800 135 7899 SUPPORT TO PEOPLE EXPERIENCING EMOTIONAL DISTRESS, THEIR CARERS, FAMILIES AND FRIENDS. ANYONE LIVING IN ANGUS AGED 16 AND OVER CAN ACCESS SUPPORT FROM 12 NOON TO 12 MIDNIGHT, 7 DAYS A WEEK, EVERY DAY OF THE YEAR. EMAIL: [THEBEACON@HILLCRESTFUTURES.ORG.UK](mailto:THEBEACON@HILLCRESTFUTURES.ORG.UK)

**HOPE POINT**, DUNDEE WELLBEING SUPPORT – 0800 955 0008 – TEXT 01382 604123, 24 HOURS EVERY DAY – OFFERS COMPASSIONATE SUPPORT TO ANYONE IN THE CITY WHO IS DISTRESSED OR OVERWHELMED. DROP-IN: 4 SOUTH WARD ROAD DUNDEE, DD1 1PN

# MENTAL HEALTH AND WELLBEING SUPPORT

CALM OFFERS A HELPLINE FOR MEN IN THE UK WHO NEED SUPPORT OR INFORMATION, OPERATING FROM 5PM TO MIDNIGHT, YEAR-ROUND.  
CALL: 0800 58 58 58 OR WATSAPP



BREATHING SPACE - 0800838587

LGBTQ+ HELPLINE OFFERS EMOTIONAL SUPPORT AND INFORMATION PHONE:  
0800 464 7000 ALSO LIVECHAT & EMAIL: HELPLINE@LGBTHEALTH.ORG.UK

SHOUT 85258 IS A FREE, CONFIDENTIAL, ANONYMOUS TEXT SUPPORT SERVICE.  
YOU CAN TEXT US FROM WHEREVER YOU ARE IN THE UK.

NEED TO TALK? SANELINE IS OPEN BETWEEN 4PM TO 10PM, 365 DAYS A YEAR,  
CALL 0300 304 7000

THE NATIONAL SUICIDE PREVENTION HELPLINE UK PROVIDES A SUPPORTIVE  
LISTENING SERVICE FOR ANYONE WITH SUICIDAL THOUGHTS. AVAILABLE DAILY  
FROM 6 PM TO 10PM ON 08005870800.

THE SPARK - FREE FAST-ACCESS SINGLE-SESSION THERAPY FOR ADULTS (18+).  
BOOK ONLINE OR CALL 0300 180 0444 FOR MORE INFORMATION.

PAIN CONCERN PROVIDES TELEPHONE AND EMAIL SUPPORT TO INDIVIDUALS VIA  
A HELPLINE. TRAINED VOLUNTEERS ASSIST CALLERS AND CAN BE REACHED AT  
0300 123 0789 WITH RESPONSES PROMISED BY NEXT WORKING DAY.

SAMARITANS - 116123 24/7

ABLE FUTURES CAN HELP YOUR MENTAL HEALTH AT WORK - ABLE FUTURES CAN  
GIVE YOU NINE MONTHS' ADVICE AND GUIDANCE FROM A MENTAL HEALTH  
SPECIALIST TO HELP YOU MANAGE YOUR MENTAL HEALTH AT WORK SO YOU CAN  
ENJOY MORE GOOD DAYS. CALL 0800 321 3137 TO APPLY.

WORKING HEALTH SERVICES SCOTLAND - WHSS PROVIDES FREE AND  
CONFIDENTIAL ADVICE AND HEALTH SUPPORT FOR THE SELF-EMPLOYED AND  
PEOPLE WORKING IN COMPANIES WITH FEWER THAN 250 EMPLOYEES. SUPPORT  
CAN INCLUDE COUNSELLING AND PSYCHOLOGICAL THERAPIES -  
THE LOCAL NUMBER IS 01382 496740 MONDAY TO FRIDAY 8AM-5PM. THE  
HOTLINE IS 0800 019 2211 IS AVAILABLE MONDAY TO FRIDAY BETWEEN 9AM-5PM.

ANDY'S MAN CLUB - PEER SUPPORT GROUPS FOR MEN STRUGGLING WITH  
MENTAL HEALTH [HTTPS://ANDYSMANCLUB.CO.UK/GROUPS/](https://andysmanclub.co.uk/groups/)

## NHS24

WHEN YOU CALL 111 AND SELECT THE MENTAL HEALTH OPTION, YOU'LL CONNECT WITH THE MENTAL HEALTH HUB TO SPEAK WITH A PSYCHOLOGICAL WELLBEING PRACTITIONER (PWP), A TRAINED ADVISOR SUPPORTED BY MENTAL HEALTH NURSES (MHNS).

**Suicide Prevention is Everybody's Business**  
Visit the website or download the free app



Contacts



About Suicide



How to Help



Safety Plan

# Suicide? Help!

[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)