

Mental Health Awareness Campaign

**Every working day within the UK,
2 construction workers take
their own life**



We are listening

Samaritans
Emotional support 24/7
☎ 116 123

Prostate Cancer UK
Prostate cancer support
☎ 0800 074 8383

Cruse Bereavement Care
Bereavement support
☎ 0808 808 1677

Mind
Mental health support
☎ 0300 123 3393

**Construction Industry
Helpline**
☎ 0345 605 1956

NHS
For urgent medical concerns
☎ 111

MacMillan Cancer Support
Cancer advice & support
☎ 0808 808 0000

Relate
Relationship support
☎ 0300 100 1234

Turn2Us
Financial Support
☎ 0808 802 2000