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# Where to find a helping hand



Guide to mental wellbeing support and services, issued  
by the Construction Industry Coronavirus (CICV) Forum

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# Delivering invaluable advice and help when you need it the most



One of the biggest impacts of COVID-19 in the construction industry has been on workers' mental health, with financial concerns, feelings of isolation and ongoing uncertainty all being magnified by the pandemic. However, expert help is at hand if you need it, thanks to the support, guidance and assistance offered by these dedicated organisations.

## MIND

[mind.org.uk](http://mind.org.uk)

Provides advice and support to empower anyone experiencing a mental health problem. Also campaigns to improve services, raise awareness, and promote understanding.



 0300 123 3393

 [info@mind.org.uk](mailto:info@mind.org.uk)

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## MEN'S HEALTH FORUM

[menshealthforum.org.uk](http://menshealthforum.org.uk)

A charity supporting men's health in England, Wales and Scotland, offering round-the-clock stress support services for those in need via text, chat and email.



 0330 097 0654

 Form on website

## ANXIETY UK

[anxietyuk.org.uk](http://anxietyuk.org.uk)

National registered charity that offers help for those affected by anxiety, stress, anxiety-based depression and other phobias that can affect daily life. As well as phone and email, offers special text support on **07537 416 905**.



**03444 775 774**



**[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)**

## NO PANIC

[nopanic.org.uk](http://nopanic.org.uk)

Helps and supports those living with panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders. Also supports those caring for people with anxiety disorders.



**0300 772 9844**



**[info@nopanic.org.uk](mailto:info@nopanic.org.uk)**

## LIGHTHOUSE CLUB

[lighthouseclub.org](http://lighthouseclub.org)

Provides emotional, physical and financial wellbeing support to construction workers and their families through a range of free and widely available proactive resources.



**0345 609 1956**



**[info@lighthouseclub.org](mailto:info@lighthouseclub.org)**

## SAMARITANS

[samaritans.org](http://samaritans.org)

Offers listening and support to people and communities in times of need, working with people who are going through a difficult time and training others to do the same.



**116 123**



**[jo@samaritans.org](mailto:jo@samaritans.org)**

## MATES IN MIND

[matesinmind.org](http://matesinmind.org)

Provides clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address the issue within their own organisation.



 020 3510 5018

 Form on website

## BUILDING MENTAL HEALTH

[buildingmentalhealth.net](http://buildingmentalhealth.net)

Online mental health portal led by industry experts, offering a flexible framework of support, awareness and training, as well as advice on structures and systems to support people working in and around the sector.

Building  
Mental  
Health 

 [jenny.corsale@lighthouseclub.org](mailto:jenny.corsale@lighthouseclub.org)

## ARCHITECTS BENEVOLENT SOCIETY

[absnet.org.uk](http://absnet.org.uk)

Offers confidential advice, support and financial assistance to the architectural community and their families. General enquiries can be made to 020 7580 2823.



 020 3918 8588

 [enquiries@absnet.org.uk](mailto:enquiries@absnet.org.uk)

## ELECTRICAL INDUSTRIES CHARITY

[electricalcharity.org](http://electricalcharity.org)

Looks after people from the electrical, electronics and energy industries when they or their families need a hand up, delivering a wide range of essential support and advice services.



 0800 652 1618

 [support@electricalcharity.org](mailto:support@electricalcharity.org)





## Members



## Further information



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



[info@cicvforum.org.uk](mailto:info@cicvforum.org.uk)