



Sarah Bolton

CEO

Lighthouse Charity



Our Pillars of Support

EMOTIONAL WELLBEING

MENTAL HEALTH

RELATIONSHIPS

LONELINESS

TRAUMA SUPPORT

BULLYING

LOSS & BEREAVEMENT

SUICIDAL THOUGHTS

PHYSICAL WELLBEING

ILLNESS

INJURIES

ADDICTIONS

SLEEP

DIET & NUTRITION

EXERCISE

HORMONE SUPPORT

FINANCIAL WELLBEING

FINANCIAL SUPPORT

BENEFIT ENTITLEMENT

BUDGETING

DEBT MANAGEMENT

TAX & CIS

LEGAL ADVICE

TRAINING & CSCS FEES

Our Charitable Services

Please be advised that we strictly adhere to GDPR regulations. All cases are handled with the utmost confidentiality, and we do not disclose any data to third-party companies



Wellbeing Academy

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In 2025, we provided:



£5,713,527

Total Charitable Support

6,930

Families with vital wellbeing support

8,568

Counselling sessions to our construction workforce

9,163

Meals to families in need

4,130

People with Mental Health First Aid training

#MakeItVisible On Tour

Sites

677

Workforce engaged

32,089

Active Rescues

48



24/7
FREE AND
CONFIDENTIAL
SUPPORT

IF YOU'RE STRUGGLING,
HELP IS HERE!

Helpline ☎

UK 0345 605 1956 **ROI** 1800 939 122



Thank You!

Lighthouse Charity | lighthousecharity.org

UK Charity Registration No 1149488 | ROI Charity Registration No 202000334 | Company Registration No 08244118



24/7 Helpline 
UK 0345 605 1956
ROI 1800 939 122
Text **HARDHAT** to
UK 85258 or ROI 50808



lighthouse
The Construction Charity

lighthousecharity.org



@wearelighthouse