

New mental health app for construction workers

A new app has been launched to support construction workers with their mental health.

The Construction Industry Helpline app has been developed by the Lighthouse Construction Industry Charity, the software firm COINS and the Building Mental Health campaign.

The free mental health app provides vital information, advice and guidance on many wellbeing topics including stress, anxiety, depression, anger and suicidal thoughts.

It is available to download now from the Google Play or the App Store and will be officially launched tomorrow (7 December) at the Lighthouse charity's annual Christmas Lunch at the Westminster Park Plaza Hotel in London.

The Lighthouse charity already provides a 24 /7 telephone helpline (0345 605 1956), which is the first point of contact for workers to access a range of completely free and confidential support services including; emergency financial, advice on welfare and mental wellbeing, and support on legal, tax and debt management matters.

Last year, the helpline supported more than 1,524 construction families in crisis and over 449 families were granted over £736,000 of emergency financial help

"The app complements our existing 24/7 Construction Industry Helpline and is aimed at construction workers and their families," Lighthouse Chief Executive, Bill Hill.

"We recognise that not everyone feels comfortable talking about their feelings or personal situation, so the Construction Industry Helpline app is aimed at people who would like to find out more information about how they can perhaps help themselves or if necessary, take the next step in seeking professional help.

"It is a preventative tool and provides support at the initial stages of a situation so that the problem does not reach a life critical stage*," *added Mr Hill.