

# DON'T LET STRESS WEIGH YOU DOWN...



## IT'S TIME TO LIGHTEN THE LOAD.



National Federation of Demolition Contractors  
Voice of the Global Demolition Industry



**Construction**  
Industry Helpline

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

#STRESSAWARENESSMONTH

Building  
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🌐 [www.buildingmentalhealth.net](http://www.buildingmentalhealth.net)