

**NO ONE IS JUST A STATISTIC.
DON'T BE AFRAID TO RAISE YOUR HAND.**



1/4

1 IN 4 PEOPLE WILL
EXPERIENCE A
MENTAL HEALTH PROBLEM
EACH YEAR



EVERY SINGLE
WORKING DAY
**2 CONSTRUCTION
WORKERS**
TAKE THEIR LIFE

#MENTALHEALTHFORALL



NFDC supports:



0345 605 1956

www.lighthouseclub.org



www.buildingmentalhealth.net