

Charities

Scheme	Summary	Contact Details
Anxiety UK	A national registered charity that provides support and help for those who've been diagnosed with, or suspect they have an anxiety condition.	Tel: +44 (0)3444 775 774 Text Service: 07537 416 905
B&CE Charitable Trust - Construction Worker Helpline	A helpline for construction workers and their dependants needing financial or emotional support, information, guidance and advice.	Tel: +44 (0)8088 010 372
Mates in Mind	A registered UK charity raising awareness, addressing the stigma of poor mental health and promoting positive mental wellbeing across workplaces.	Tel: +44 (0)2035 105 018
Mind	A registered UK charity raising awareness and offering support and reliable information for those facing mental health problems.	Tel: +44 (0)3001 233 393 Text Service: 86463
The Lighthouse Club - Construction Industry Helpline	A confidential 24/7 construction industry helpline, available to the industry's workforce and their families in the UK and Ireland.	Tel: +44 (0)3456 051 956

Benevolent Funds

Scheme	Summary	Contact Details
<u>Chartered Institute of Building (CIOB) Benevolent Fund</u>	A service available to support all CIOB members and their dependent families with household costs, travel arrangements, hardship funds, and training opportunities.	Tel: +44 (0)1344 630 877
<u>Institution of Civil Engineers (ICE) Benevolent Fund</u>	A range of financial and emotional support for current and past members of the ICE, including financial advice and assistance, counselling services, and outplacement programmes.	Tel: +44 (0)8005 873 428 International: +44 (0)1482 699 177
<u>LionHeart</u>	A charity for Royal Institution of Chartered Surveyors (RICS) professionals, past and present, providing services including financial support, health and wellbeing packages, professional counselling, work-related support and legal advice.	Tel: +44 (0)8000 092 960 International: +44 (0)1212 893 300