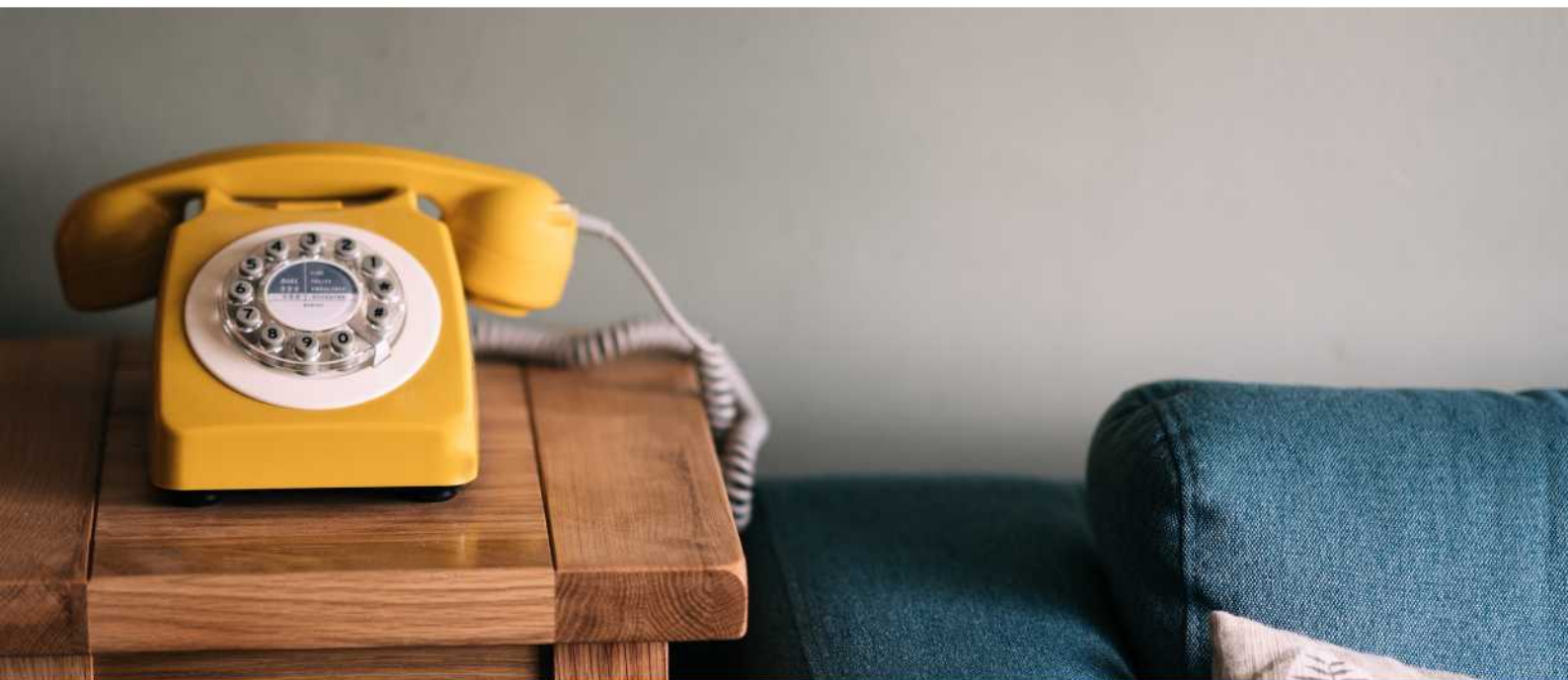


# Confidential Telephone Support to help your Mental Health and Wellbeing

At these difficult times for all businesses and staff within the construction sector, CITB NI has engaged Inspire to provide their support services to the industry at no cost to employers or their staff.



The Construction Industry Training Board Northern Ireland (CITB NI) are aware that we are all experiencing an unprecedented situation as a result of the COVID-19 pandemic. This has led to a lot of us feeling overwhelmed and struggling to know what the future holds for our family and friends.

Sometimes just talking to those you know can help, but at other times it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook. **That's where Inspire can help.**

Their confidential telephone support helpline is available to all employers and their staff in the Northern Ireland Construction Industry. It's fully independent, available 24 hours a day, and is staffed by a specially trained support team, who if required can provide access to our network of accredited and highly experienced counsellors.

For more information, email us at: [workandstudy@inspirewellbeing.org](mailto:workandstudy@inspirewellbeing.org)

Whatever's on your mind, call us free, 24/7 on:

**0808 189 5052**