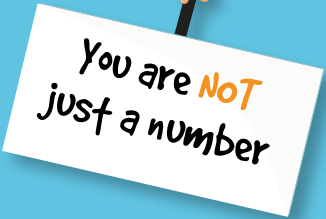


Mental health  
stigma can be  
a silent killer...



You are **NOT**  
just a number

...it is the biggest barrier to seeking help. 95% of people in the industry often lie about how they are feeling, or don't tell anyone that they're struggling.

## Access Assistance



**0800 652 1618**



**support@electricalcharity.org**

Available 7 days a week offering free and independent assistance for virtually any problem or issue you may encounter. Our trained advisors assist everyone with respect and empathy.



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industries  
charity**