



Mental health  
stigma can be a  
silent killer

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

You are **NOT**  
just a number

Mental health issues affect 1 in 6 of the population in the UK and there are around 6,000 suicides reported in the UK each year.

*So don't shut yourself away, beat the barrier, as we are always here to talk and provide support.*

### EIC support services

Telephone counselling

Cognitive behavioural therapy (CBT)

Training support through our partners

Free confidential helpline available 24/7

## 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.



**electrical  
industries  
charity**