



GallifordTry




Our Be Well helplines

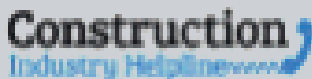


Unlimited 24/7 confidential support for Galliford Try employees (Employee Assistance Programme).

 0800 072 7072


 axabesupported.co.uk

(username: gallifordonline | password: supported).



24/7 support for construction workers and their families.


 0345 605 1956

 constructionindustryhelpline.com

Support also available via the app, downloadable via the app store.



24/7 emotional support to anyone in emotional distress or struggling to cope.


 116 123

 samaritans.org



Advice and support for anyone experiencing a mental health problem.


 0300 123 3393

 mind.org.uk



Leading a movement against male suicide.

 0800 58 58 58 (UK).

 thecalmzone.net