

# MENS

## Mental health

### #ITSOKAYTOTALK



## Lets talk men's mental health

We provide support for those who want to talk. We aren't saying this will be the answer for everyone but we are asking you give it a try, there is 'No Pressure, No Judgement, No Stigma'.

Let's Talk  
Men's Mental Health

No Pressure, No Judgement, No Stigma



## Men's sheds

Due to life challenges men can become socially isolated or lonely. The inclusive ethos we promote offers 'Shedders' a sense of belonging, acceptance and fellowship through shared activities.

**MEN'S SHEDS** CYMRU



## Andys man club

We run talking groups for men who want to meet a good group of people with the aim of improving one another. No referral, no registration and no charge. Even the brew and biscuits are free!

**ANDYSMANCLUB**



## Man V Fat Football

If you're a man that wants to lose weight, grow your social circle and improve your wellbeing, MAN v FAT is behind you all the way. All the information, support and tools you need to improve your health.

**MAN v FAT**



### MANKIND INITIATIVE

Our confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers. This can range from physical violence or object throwing to abuse such as constant bullying or insults.

ManKind Initiative



0808 800 1170 FREEPHONE (will not show on your bills)  
01823 334 244 HELPLINE (for those with inclusive minutes)