

It's a hard fact of life that 1 in 4 men will suffer ill mental health challenges in their lifetime

**94 men per week** (2 per day in the building industry) **are taking their own lives**

**Men account for 75% of all suicides**

**“Take one small step to mankind and one giant step for yourself.”**



**ManKind**

SUPPORT & LISTENING GROUP FOR MEN

It's a big step to say  
“I need help.”

**The world is changing**

It's not weak to speak

**Come and chat  
or just listen**

# FREE SUPPORT GROUP

**Every Wednesday Night** [mankindcic.co.uk](http://mankindcic.co.uk) [justgiving.com](http://justgiving.com)

From 6.00pm - 8.30pm at,  
St Wilfrid's Hospice, 1  
Broadwater Way,  
Eastbourne BN22 9PZ



**Paul: 07786 448696 Ian: 07793 431665**

E: [info@mankindcic.co.uk](mailto:info@mankindcic.co.uk) [www.mankindcic.co.uk](http://www.mankindcic.co.uk) ManKindEastbourne

