

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 Thursday Night
6.30pm - 8.30pm

at the Community Hub
@ Union Church High
Street, Heathfield TN21
8LB

mankindcic.co.uk

justgiving.com



Contact Geoff on 07771 816926

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