

# Men's Mental Health

## **Andy's Man Club**

Real, non-judgmental, talking groups for men. We are the creators of the viral #ITSOKAYTOTALK movement.

## **Platform 1**

Platform 1 is a new and unique men's health and crisis charity working with men that have lived in isolation due to their illness.

## **Men's Talk**

Facilitated by Community Engagement and Development Worker Stuart Hawkes and supported by previous participants, Men's Talk is a performance and advocacy project for men who have experienced mental health issues. Men's Talk uses applied theatre techniques to build participants' confidence, develop their skills, surface and shape material and create platforms where their voices can be heard.

## **Luke's Lads**

Luke's Lads encourages and supports men to talk about their feelings in an alternative environment. FREE male only 45 minute circuit training and 30 minute support session offering you a safe place to speak.

## **CALM**

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

## **Men's Health Forum**

To improve the health of men and boys.

## **Samaritans**

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.