



**ManHealth
provide services
to support men
with mental
health issues.**

**PEER
SUPPORT
GROUPS**

Weekly groups running at various locations across the North-East from 6pm - 8pm.

Free to attend.

Learn more at:

manhealth.co.uk/peer-support-groups/

**WEBCHAT
& CONNECT**

Web chat service enabling men to seek support away from a group setting. From 6pm - 10pm, 7 nights a week.

Free to use.

Learn more at:

manhealth.co.uk/chat/

**ONLINE
SUPPORT
GROUPS**

Weekly groups delivered by Zoom for those who are unable, or not ready, to attend our main groups. From 6pm.

Free to attend.

Learn more by emailing:

david@manhealth.org.uk

**manhealth.org.uk
01388 320 023**