

75% of all suicides
are male

YOU ARE
NEVER
ALONE

YOU DON'T
NEED TO
"MAN UP"

40% of men won't
talk to anyone
about their struggle

SUFFERING
DOESN'T
MAKE YOU
WEAK!

MEN'S MENTAL HEALTH REMINDERS

IT'S OKAY TO
SHOW YOUR
EMOTIONS

THERE IS
HELP OUT
THERE!

SPEAKING UP
IS COURAGE!

Break the stigma
around men's
mental health

IT'S NOT
UNMANLY TO
STRUGGLE

YOU ARE
NOT A
BURDEN!

25% of men live
with a mental
illness

 **#ANDYSMANCLUB**

www.andysmanclub.co.uk

shout
85258



MEN WALKING AND TALKING
Est 2021

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www.mensmindsmatter.org

SAMARITANS

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Every Mind Matters