



LET'S TALK **MENS** MENTAL HEALTH

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Being part of the group has somehow helped give me more mental space, it's provided me with a safe space to 'check in' with myself,

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This is my time to reflect, my space away from my caring duties - whether I do a project or just have a brew & a chat. I can be myself and not defined by my PTSD.

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I was made so welcome without being judged. They helped me listen to myself and others.

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LIFE CAN BE TOUGH ... you are not alone

Don't neglect your mental health and wellbeing. If you or a loved one is struggling reach out for help, support is available from these groups.

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the UK and online.

Bury group - meets every Monday at 7pm at Bury Sports Club, Radcliffe Rd, Bury BL9 9JX.

DIRECTIONS FOR MEN provides groups for men to come and talk about whatever it is that is affecting their mental health. We support each other through difficult times.

Bury group – meets every Wednesday at 6.30pm at the Creative Living Centre, Rectory Lane, Prestwich, M25 1BP or email

hello@directionsformen.org.uk for details of the online chat.

RAMMYMEN was set up after a couple of local men found their mental health problems too much and resorted to suicide. Now over 700 men and women get involved in weekly activities from art sessions, peer support groups, ukulele groups to games night.

For more details visit www.rammymen.org

THE WOODIES provides a brew and listening ear for men affected by job loss, bereavement, caring responsibilities or depression.

The group meet to make wooden crafts each week on Tue and Thu 10am – 2pm at Radcliffe Boys & Girls Club, Withins Ave, Radcliffe M26 2XB. Email: woodies.mensheds@gmail.com for more information.

If groups just aren't your thing Online Support is available 24/7

LIVING LIFE TO THE FULL offers online courses to help improve low mood, overcome stress and build confidence. It can be accessed at any time and is free of charge if you live or work in Greater Manchester. The resources are available in 18 languages. Visit www.gmlifeskills.com

SILVER CLOUD (+16yrs) an online therapy programme proven to help with stress, anxiety, low-mood and depression www.gm.silvercloudhealth.com/signup

KOOTH.COM (10-25yrs) and **QWELL.IO** (+26yrs) provide free, safe and anonymous online mental health support whenever you need it. Support available includes: Live chat or messaging with qualified mental health professionals, self-help tools and activities and online community.

Phone the Bury **GETTING HELPLINE** on 0161 464 3679 for a confidential chat about your mental wellbeing, they offer practical advice and can put you in touch with other local support and activities. Open 6 days a week 8am to 8pm for anyone aged 5 to 105.

Alternatively call **SAMARITANS** on 116 123 if you are struggling to cope.

If you have been bereaved or affected by suicide support is available at **GREATER MANCHESTER BEREAVEMENT SERVICE** on 0161 983 0902.