



What is Man Gang?

Simply put, the Man Gang is a group of men who have struggled or are struggling with anything associated with poor mental health or just feeling burdened by the pressures of life.

How does it help?

The Man Gang was founded by a man who used to think that he had to put on a mask, that he was the only one feeling this way, that he couldn't talk about what troubled him for fear of loss.

Through talking and being open with others, he discovered that he wasn't alone and that a lot of men felt this way.

As men we often consider that talking about our mental health is a sign of weakness. When in fact, it is something that is recommended as an important source of therapy.

Who can attend?

The only prerequisite for joining the meetings is being a man.

What will I get out of it?

Support, brotherhood and camaraderie. Both at the weekly meetings and via a closed group on Facebook.

Is this a medical treatment?

None of us are professionals, but we all have lived experience, we are not offering cures or therapy just mutual support through your dark times and that all important hope. We aim to bridge the gap between deciding that you need to see a health professional and your access to the support which may be offered.

How much is it?

It's free, gratis, nil, zilch just turn up and join in.

Will I be expected to do anything?

Just turn up, if you want to sit in the corner and listen, that's fine, if you want to turn cartwheels up the floor and tell everyone how you feel, that's also fine.

Will you tell anyone about me?

Absolutely not, what we talk about in Man Gang will not be shared with anyone who is not present at that meeting.

How can I sign up?

Just turn up, if you want more information or a confidential chat email mangangromsey@gmail.com.

Every Wednesday

Cafe Fresh 9 Market Pl, Romsey SO51 8NB

18:30

MAN GANG



It's Not **WEAK** to **SPEAK**

Join the fight against the stigma of poor mental health!

 Man Gang

Hosted by Andy Bishop