



ANDYSMANCLUB

www.andysmanclub.co.uk

IT'S OKAY TO TALK.

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

The aim is to end the stigma surrounding men's mental health and help men through the power of conversation.

ANDYSMANCLUB has over 200 free support groups nationwide, running every Monday from 7PM except bank holidays.

Men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment.

Designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.



Find out
more



Find your
nearest group

**WE BREAK DOWN
THE STIGMA OF MEN'S
MENTAL HEALTH.**