

It's a hard fact of life that  
1 in 4 men will suffer ill  
mental health challenges  
in their lifetime

**94 men per week**  
(2 per day in the building  
industry) **are taking their  
own lives**

**Men account for  
75% of all suicides**

**"Take one small step  
to mankind and one  
giant step for yourself."**



**ManKind**

SUPPORT & LISTENING GROUP FOR MEN

**It's a big step to say  
"I need help."**

**The world is changing**

**It's not weak to speak**

**Come and chat  
or just listen**

**FREE SUPPORT GROUP**

**Every Thursday night  
6.30pm - 8.30pm**

**at the Community Hub @ Union Church  
High Street, Heathfield TN21 8LB**

**Contact Geoff on 07771 816926**

E: [info@mankindcic.co.uk](mailto:info@mankindcic.co.uk)

[www.mankindcic.co.uk](http://www.mankindcic.co.uk)



ManKind Heathfield