

**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 Wednesday night

From 6.00pm - 8.30pm at,
Eastbourne Campus. East Sussex
College Cross Levels Way, Eastbourne
BN21 2UF

Paul: 07786 448696 Ian: 07793 431665

E: info@mankindcic.co.uk www.mankindcic.co.uk



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