



MENS MENTAL HEALTH SUPPORT GROUP

Every Tuesday 1pm - 3pm at Cheadle Community Fire
Station, ST10 1HF



1 in 10 men experience
depression or anxiety, less than
half seek support.

40% of men have never spoken to
anyone about their mental health

We want that to change.

We're here to listen.



Come and join our friendly Mental Health team who will be
there to answer any questions if you just fancy popping by or
can offer weekly support if you want to attend more regularly.



Where to find us:

Community Room at Cheadle Community Fire
Station, Ashbourne Rd, Cheadle, Stoke-on-
Trent, ST10 1HF



North Staffordshire
Combined Healthcare
NHS Trust