

MENWALKTALK

MEN'S MENTAL HEALTH CHARITY

IT'S
OK
NOT
TO
BE
OK

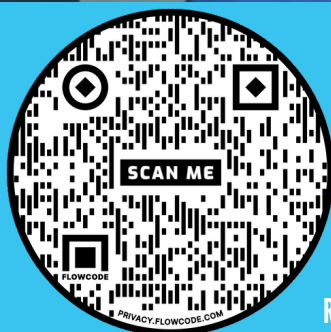
@MenWalkTalk

MENS WALK AND TALK GROUP

"WHEN IN DOUBT; WALK IT OUT"



WE MEET IN YOUR AREA!
SCAN THE QR CODE FOR
MORE INFO



JOIN US



MENWALKTALK.CO.UK
REGISTERED CHARITY NO. 1188361



WHAT IS MENWALKTALK?

MENWALKTALK IS A REGISTERED CHARITY THAT SUPPORTS MEN WHO MAY BE STRUGGLING WITH THEIR MENTAL HEALTH OR EXPERIENCE SOCIAL ISOLATION.

VOLUNTEERS FACILITATE WALKING GROUPS AND HOST AN ONLINE SPACE FOR MEN TO JOIN IN DISCUSSIONS ABOUT LIFE, MENTAL HEALTH & WELLBEING.

IT'S AN OPPORTUNITY TO MEET NEW PEOPLE, BECAUSE YOU ARE NOT ALONE!



HOW DO I GET INVOLVED?

WE UNDERSTAND THE IMPORTANCE OF GETTING OUT IN NATURE AND SPEAKING OUT WHEN WE DON'T FEEL OK AND WE'D LOVE TO MEET YOU ON A WALK SOON AND HEAR YOUR STORY. ALL OF OUR GROUPS ARE FREE TO ATTEND AND TAKE PLACE IN VARIOUS LOCATIONS AND AT DIFFERENT TIMES (WHICH CAN BE FOUND ON OUR WEBSITE).

IF YOU'D LIKE TO GET INVOLVED IN ANY WAY, OR HAVE ANY QUESTIONS PLEASE VISIT OUR WEBSITE OR EMAIL US AT [HELLO@MENWALKTALK.CO.UK](mailto:hello@menwalktalk.co.uk)