

Feeling under pressure?

**MENS MENTAL HEALTH MATTERS, AND IT'S OKAY TO TALK.
WHETHER YOU'RE FEELING STRESSED, OVERWHELMED, OR JUST
NEED SOMEONE TO LISTEN, SUPPORT IS OUT THERE. TALKING
ABOUT YOUR STRUGGLES ISN'T A WEAKNESS – IT'S A STRENGTH.**

**WE UNDERSTAND AND CARE ABOUT MEN'S MENTAL HEALTH.
DON'T BE ALONE WITH THIS PRESSURE.**

WMAS HEALTH AND WELLBEING PAGE

The WMAS health and wellbeing page offers resources tailored to men's health and wellbeing, addressing both physical and mental health aspects. The platform provides information and support to promote overall wellness among men.

ANDYSMANCLUB

A men's suicide prevention charity offering free-to-attend peer-to-peer support groups across the UK, including the West Midlands. Meetings are held every Monday at 7 PM

MAN II MAN

Offered by the Sandwell African Caribbean Mental Health Foundation, this group supports men aged 16 and older, particularly those from African, Caribbean, or Black dual heritage backgrounds. It provides one-on-one support and group activities.

HALESOWEN MEN'S MENTAL HEALTH GROUP

A self-help group that meets every Wednesday from 7:30 PM to 9:30 PM. It offers a community where men can discuss their thoughts, emotions, and mental health concerns in a confidential setting. No appointment is needed.

SALS

SALS (Support and Listening Service) offers confidential support to WMAS staff, providing a safe space to discuss personal or work-related challenges with trained listeners.



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