

MEN'S WELLBEING MATTERS

Men's wellbeing matters just as much as anyone else's and yet, men often don't reach out when facing difficult emotions. We want to encourage men (aged 16+) in Surrey to seek support and share their mental health stories to inspire others and break stigma.

How you can get involved:

- if you're 16+, live in Surrey and need wellbeing support, register with us.
- if you know a man who is struggling, tell them about us.
- share your mental health journey with us as a blog, vlog, poem, song, artwork - you name it!



Find out more: www.maryfrancestrust.org.uk/menswellbeingmatters

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

For more information, please contact
Connie on 01372 375400,
SMS 07929 024722, or email
connie@maryfrancestrust.org.uk
To register with MFT, visit:
www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing