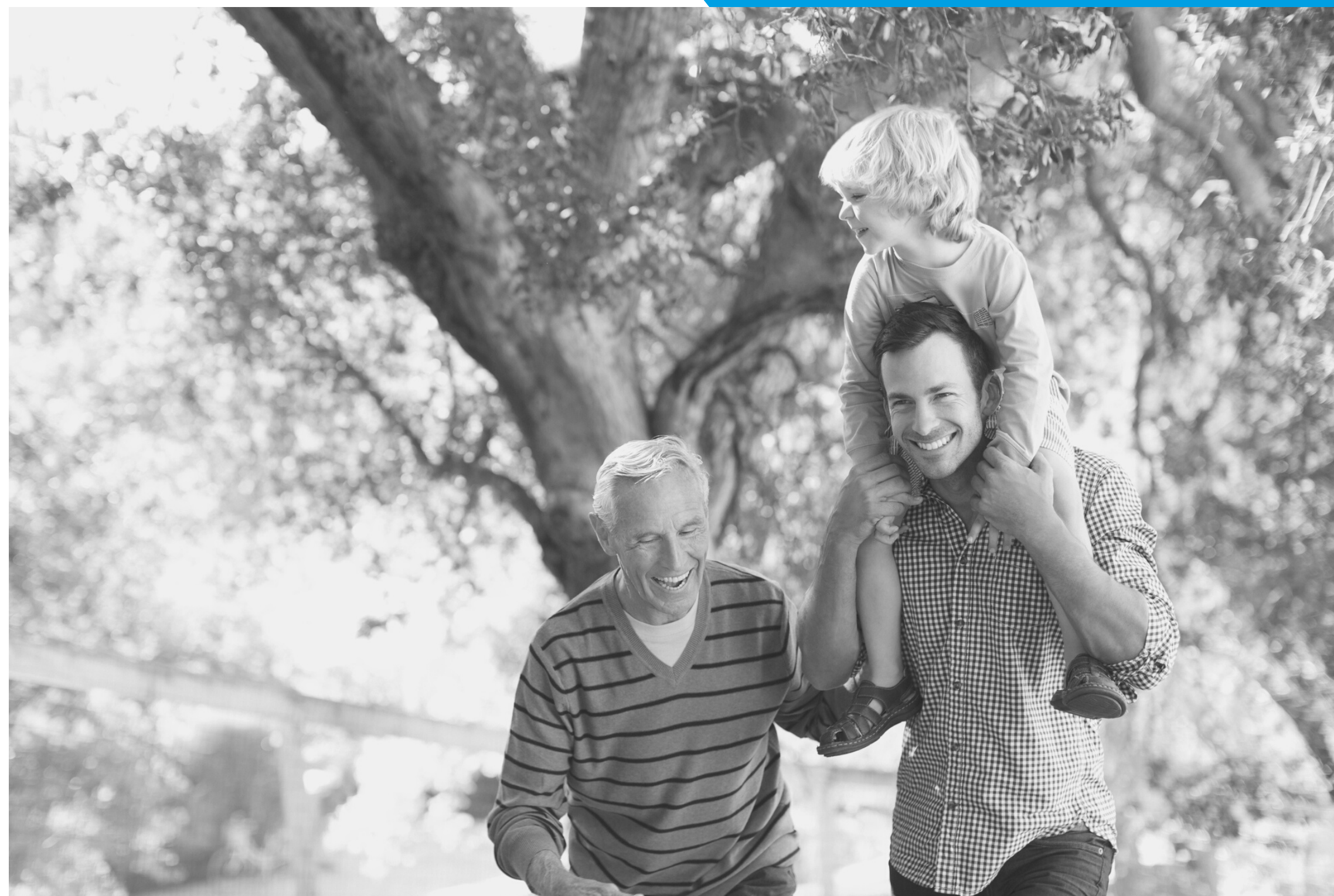


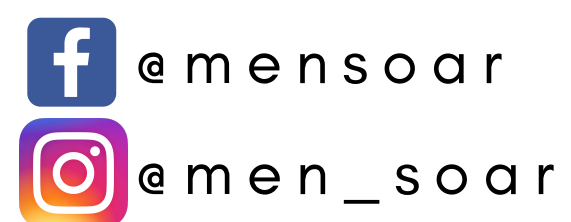
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[www.mensoar.co.uk](http://www.mensoar.co.uk)

FOR UPCOMING  
WEBINAR DATES



We look forward to  
hearing from you



@mensoar

@men\_soar

**MenSoar**

# MenSoar



Men, it's time to talk  
about mental health

[www.mensoar.co.uk](http://www.mensoar.co.uk)



## DO YOU NEED TO TALK?

Get in touch  
and register today  
[www.mensoar.co.uk](http://www.mensoar.co.uk)

# WHAT IS MENSOAR?

## LEICESTERSHIRE

Based in Leicestershire, Mensoar is providing a platform and opportunity for men to meet and chat to like-minded people about their mental health. We're here to support you on this journey.

## MENTAL HEALTH

As men, we all know it's easier to never talk about how we're actually feeling, but it's often a lot healthier and better for our wellbeing to speak up and talk about whatever is going on.

## WELLBEING HUB

Our wellbeing hub allows you to engage with articles and helpful mental health tips and advice. It's also the place to keep on track of everything happening at Mensoar.

## WEBINARS

A great place to start if you're new to learning about mental health. Come along to our Webinars that take place every other month over Zoom and will feature guest speakers from authors to footballers.

## AND MUCH MORE...