



Men's Wellbeing Project

Being strong doesn't mean being silent

Men's Mental Health and Wellbeing Evening

An opportunity to learn more and be involved in discussions on issues affecting men's emotional health.

The event will feature presentations from those who have experienced mental health problems and their journey to recovery.

Male mental health experts including Dr Roger Kinglerlee, a Principal Clinical Psychologist at NSFT will speak about behavioural characteristics and how to tackle men's mental health issues.

You will also hear about the ongoing work in Norfolk on men's wellbeing.

Open to service users, carers / supporters, staff, partners and the public.

The event is free to attend with refreshments provided.

**4:30 - 8pm
Wednesday,
13 June 2018**

The Auditorium
The Forum
Millenium Plain
Norwich NR2 1TF

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Please register your attendance at:
<https://www.surveymonkey.co.uk/r/V5QRB5C>