



#itsoktotalk



**A PLACE FOR MEN WITH MENTAL ILL HEALTH,  
OR AT RISK OF MENTAL ILL HEALTH TO MEET  
AND SUPPORT EACH OTHER**

**Meeting every 2nd & 4th Mondays  
of each month, 5:30 - 7:30pm**

United in the Community (UITC) Building,  
Victoria Park, Hereford, HR1 1AW



Refreshments



Support & Advice



Games & Activities



Outings & Events

**Come and join us...**

**It's relaxed, it's welcoming, it's free,  
it's for men of all ages and we laugh.**

If you want more information or to talk to the group  
email [HMMHgroup1@gmail.com](mailto:HMMHgroup1@gmail.com)