



#itsoktotalk

HMMH

HEREFORD MEN'S MENTAL HEALTH

**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.**

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