

We're here to support you.

In partnership with...

wellington
mental health & wellness trust

ams
Ayrshire Medical Services



Introducing...

Two new mental health support groups.



#ITSOKAYTOTALK

Mens Mondays

Andy's Man Club

A peer to peer support group for men.

Andy Roberts was loving and doting father, son, brother, grandson, nephew, cousin and friend. He was an all round top guy, one of the truly nicest people.

His love for his daughter was inspirational to see and the way he looked at her and idolised her was a blessing. Sadly and tragically without any warning Andrew, at 23 years old, was taken away from all his family and friends by suicide.

On average one man every 2 hours takes his life in the UK. It's often said a factor is that men don't talk. That's why we were born to break down these stigmas.

At ANDYSMANCLUB you don't have to be suicidal or have a mental health problem, we just want to get men talking.

That change starts with you...

#itsoktotalk



Womens Wednesdays

Matter for Mary

A peer to peer support group for women.

Mary Wilson was so much to so many. She was the life and soul of a party and full of life. She was a mum, sister, daughter, friend and so much more.

Like Andy, Mary's life ended early and tragically as she hid the dark depression that filled her life. Christmas 2018, saw Mary take an overdose with so much damaged to her body, she never recovered.

Suicide rates in Scotland are on the increase and now as we have had one of our darkest years, we see the rising trend of depression and suicide amongst both women and men.

There's a Mary in all of us and sadly, at some point in our lives we will encounter depths of sadness and despair that for some may simply be too much.

Together we want to make **Mary's Life Matter**.

#natterformary

Monday & Wednesday Evenings @ 7:00pm

Ayrshire Medical Services, 2 Alloway Place, Ayr, KA7 2AA