

Be the 12th Man.

Don't
bottle
it up

Tackle the
stigma

The 12th Man campaign helps men
talk more openly about mental health.



12th-man.org.uk
#BeThe12thMan





Plenty of talking.

Talking openly with each other will help us challenge the stigma that can prevent us finding the support we need.

The 12th Man campaign works with trades and interest groups to support men who may be finding life difficult or struggling to cope.

Get Involved

12th-man.org.uk

#BeThe12thMan

