

A dramatic black and white image of a stormy sky with dark, heavy clouds and several bright, jagged lightning bolts striking down. The overall mood is intense and powerful.

#ANDYSMANCLUB

#ITSOKAYTALK

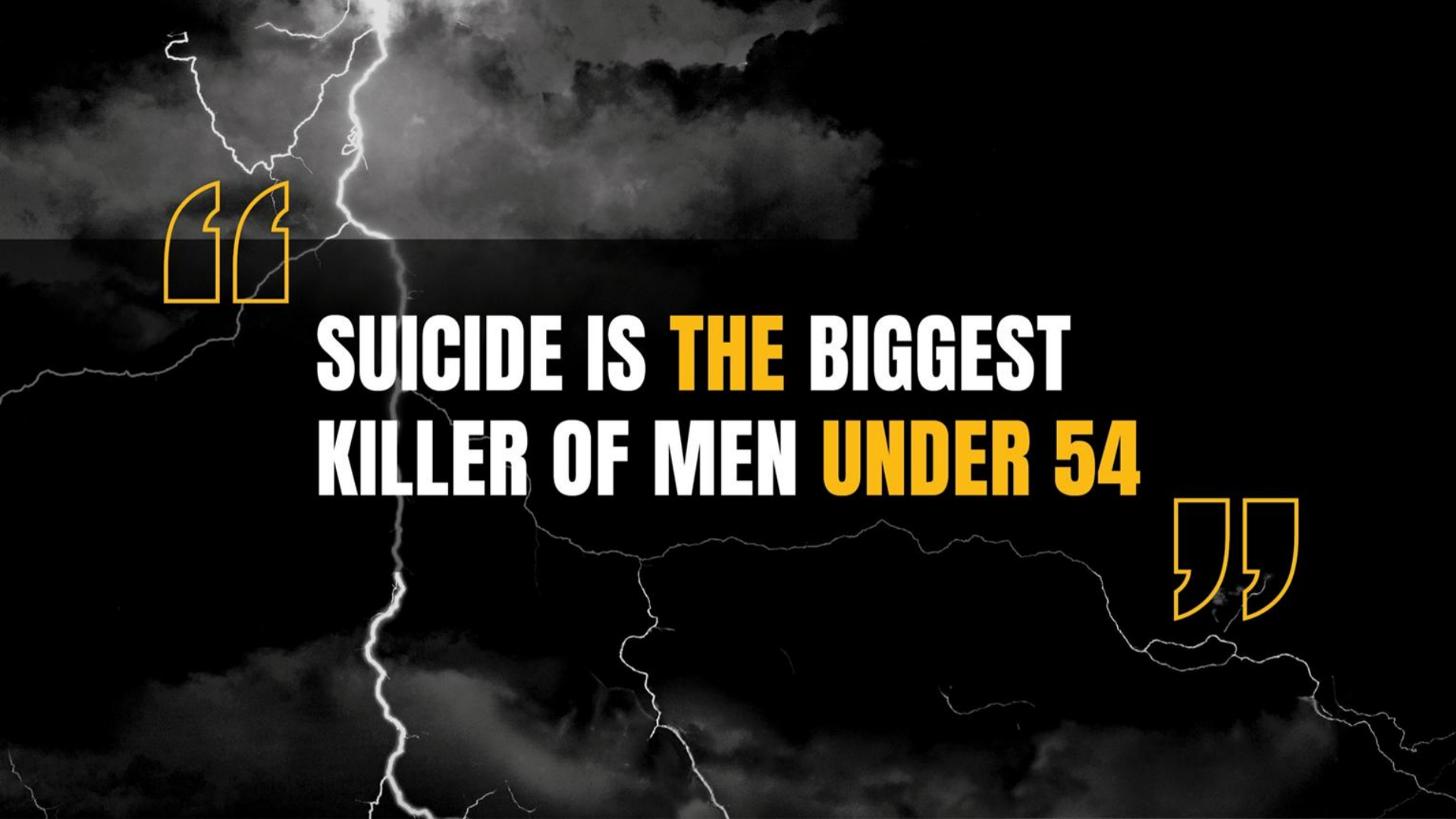


ANDREW ROBERTS

06/07/92 – 05/04/16

**ONCE A DEVIL,
ALWAYS A DEVIL**

He were a cheeky chappie



“

SUICIDE IS **THE BIGGEST
KILLER OF MEN **UNDER 54****

”



“

**OVER 4900 MEN TAKE THEIR
OWN LIVES EVERY YEAR!**

”



“

THAT'S 12 MEN EVERY DAY...
ONE MAN EVERY 2 HOURS

”



“

**EACH SUICIDE AFFECTS AROUND
135 PEOPLE - THAT'S OVER HALF
A MILLION PEOPLE EVERY YEAR**

”

Following Andrews suicide, Luke decided to start a **coffee club** for men to be able come and talk to other like minded men before emotions got out of control.

On 30th June 2016 the first **ANDYSMANCLUB** post was put on facebook.

Due to the response, the very first group was held on 4th July 2016.

9 men attended and **ANDYSMANCLUB** was born.



#ANDYSMANCLUB

2 weeks after that first session Luke came up with the **#ITSOKAYTOTALK** campaign.

It has been recognised as the **biggest** mental health campaign on the planet with over **100 million** taking part.

Including Hollywood stars, and professional sports persons.



Here's just a few of the photos we have...

#ITSOKAYTOTALK

#ITSOKAYTOTALK

#ITSOKAYTOTALK





#ITSOKAYTOTALK



“

**NO BOOKINGS, NO CHARGES,
NO REFERRAL NECESSARY.**

”



“

**OPEN TO ANY MAN OVER 18
WANTING TO TALK TO OTHER
LIKE MINDED MEN**

”



“

EVERY MONDAY 7^{PM}
(EXCEPT BANK HOLIDAYS)

”



“

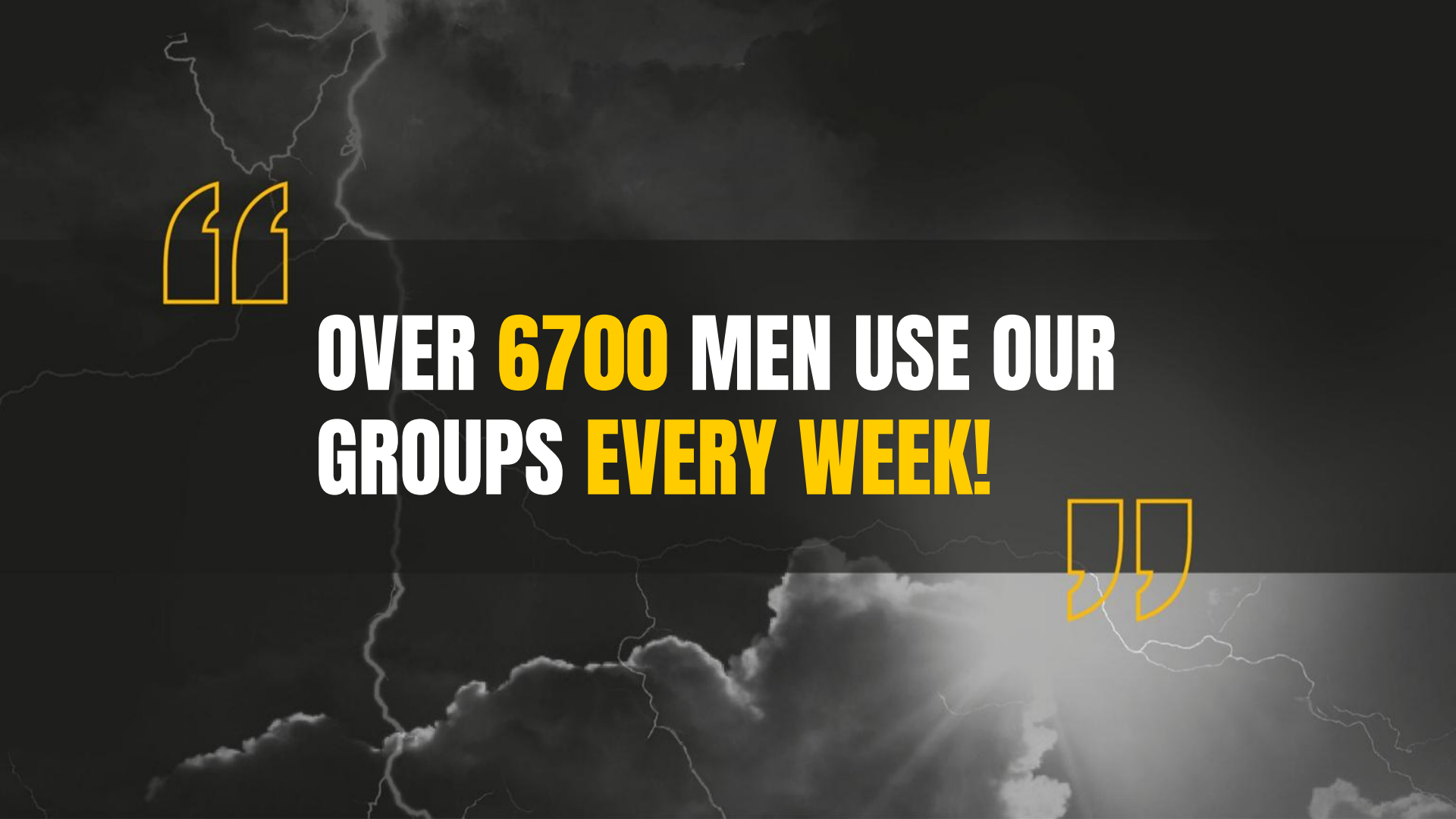
**WHAT TO EXPECT
AT AMC?**

”



**350+ COMMUNITY GROUPS
ACROSS ENGLAND,
SCOTLAND & WALES**





“

**OVER 6700 MEN USE OUR
GROUPS EVERY WEEK!**

”

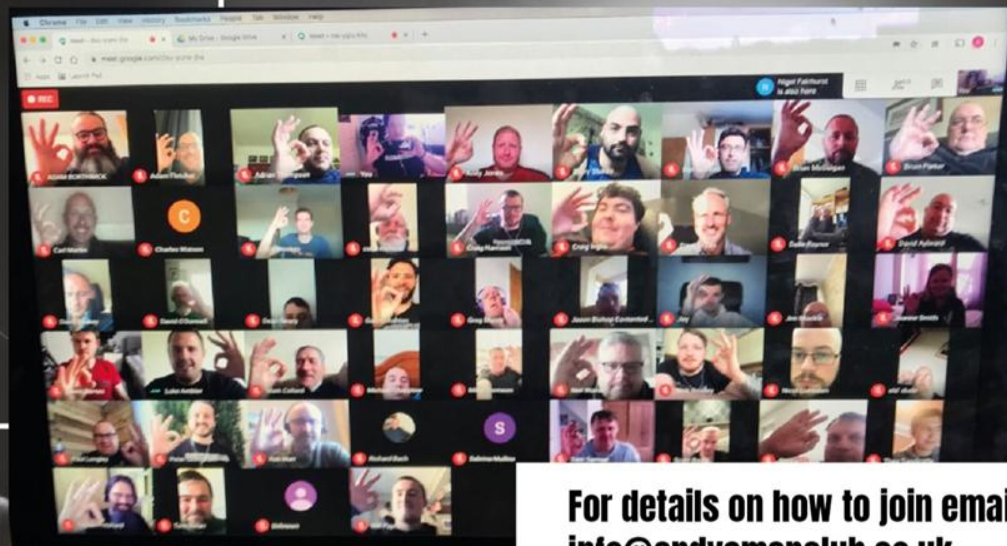
ONLINE GROUPS AVAILABLE



We are also running sessions weekly online.

Around **100 men** attending on a weekly basis.

Also available to those living too far away from physical meets.



For details on how to join email:
info@andysmanclub.co.uk



“

OUR WHY - TO STOP OTHER
FAMILIES GOING THROUGH
WHAT OURS WENT THROUGH

”



OUR IMPACT...

"I wouldn't have my best friend if it wasn't for AMC and the work the lads do."

"ONE WORD. LIFE."

“In that room, I found acceptance, brotherhood and a version of myself I thought I'd lost.”

"MONDAY IS ALWAYS THE BRIGHTNESS ON MY HORIZON."

“AMC gave me my life back. A place to be truly myself, supported and never judged.”

"I thought AMC wasn't for me. But when it was my turn to speak, everything came pouring out. It saved me."

"I walked through those doors with one reason not to live... AMC showed me twelve reasons why I should."

“

I came to AMC broken. Week by week, I rebuilt my life and now I help others do the same.”

”

“AMC saved my kids from being without a dad, my wife from losing her husband. I'll never forget that.”

"FROM THE DARKEST PLACE TO LEADING OTHERS... AMC GAVE ME PURPOSE AGAIN."

“

I AM #THATONEMAN

”

**Worries and anxieties
are a big part of my life**



ONE MAN'S JOURNEY





THE WORLD OF SPORT



THE POWER OF A WRISTBAND

EMMERDALE

itv1



ANDYS MAN CLUB



#ITSOKAYTOTALK



OUR BIGGEST SUPPORTERS



'My mum saved me after I tried to take my own life - now I'm trying to help others' says Sheffield dad

Antony had attempted to take his own life but felt unable to share his feelings, fearing that he would be seen as weak. His fortunes began to change when he reluctantly attended a meeting in Liverpool organised by Andy's Man Club in February 2022.

Bolton dad who tried to take his own life completes skydive in aid of great cause

'It's okay to talk': County Durham veteran raising awareness around male suicide

"I wouldn't be here without Andys Man Club," says speaker at Men's Day event in Doncaster

How Fife dad Kenny turned his life around after depression and alcohol left him at rock bottom

The dad-of-two had been struggling before opening up at an Andy's Man Club meeting changed his life.

A man says his life was saved after he did the 'hardest thing he'd ever done'. Antony Valori, 26, [Litherland](#), was in a dark place a few years ago.

Dad-of-two who tried to take own life twice opens up as ANDYSMANCLUB comes to Redcar

Man walking more than 100 miles to Manchester to 'give back' to Andy's Man Club

Wigan man's incredible trek from home to the Philippines

Tiverton man pulls 80 kilos for 80 miles to raise mental health awareness

'It has empowered me' - Andy's Man Club provides support in Cumbria



THE **BEST AWARD** IS, AND ALWAYS
WILL BE, WHEN **#THATONEMAN**
WALKS THROUGH THAT DOOR!



#ITSOKAYTALK

GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?

WE CAN **HELP YOU** GET
THROUGH YOUR STORM

info@andysmanclub.co.uk www.andysmanclub.co.uk



#ITSOKAYTALK



#ANDYSMANCLUB

#ITSOKAYTOTALK

#MISSION POSSIBLE

WHAT'S YOUR POSSIBLE? **?**



**TO JOIN US AT AN
EVENT, SCAN HERE**

