

Canberra  
**HEAD TO HEALTH**

**No cost**

Light refreshments  
will be provided.

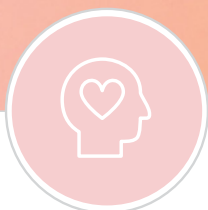
# Men's Resilience Group

**For adult men experiencing  
mental health challenges.**

This 5-week group is aimed at men wanting to learn strategies to boost their resilience and develop these into protective factors against stressors and mental illness.



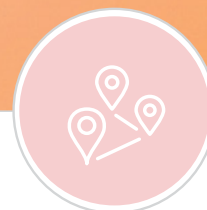
Provide a supportive network for men who may be struggling with mental health concerns



Improve knowledge about men's mental health issues and resilience



Teach simple strategies to build resilience in men



Develop a personal resilience plan that can be implemented straight away

**This group runs in the evenings of weekdays during the school term.**

**To register your interest in attending group, please email:**

**[hello@thinkmh.com.au](mailto:hello@thinkmh.com.au) or call 1800 595 212**

An assessment with our intake team is required prior to commencing in the group.

Canberra Head to Health, Unit G11 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

**1800 595 212**

[hello@thinkmh.com.au](mailto:hello@thinkmh.com.au)

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**phn**  
ACT  
An Australian Government Initiative

**Capital  
Health  
Network**  
Partnering for better health