

MENTAL HEALTH FC

WEEKLY KICKABOUTS

FOR ALL ADULTS

REFRESHMENTS & CHAT AFTER

RELAXED KICKABOUT

MORE LOCATIONS, DAYS & TIMES COMING SOON!!
VISIT OUR FACEBOOK PAGE & WEBSITE FOR UPDATED DETAILS



WWW.MENTALHEALTHFC.ORG

EVERYONE WELCOMED & SUPPORTED

#MHFC #MentalHealthFC

f i t @ d in - @MHFooty

IMPROVING MENTAL HEALTH
THROUGH FOOTBALL

MENTAL HEALTH FC

Mental Health FC CIC is a multi-award winning registered non-profit that is bringing people together around the UK to play the sport they love while helping and improving their mental health – everyone welcomed and supported!!

We currently have 6 weekly sessions over 3 areas with more coming soon (for locations and times please see our website).

We currently have 500* active members and help 150+* people per week!!

ALL adults are welcome.... it doesn't matter about your age, gender, fitness, football ability, appearance, sexuality etc.

We're all there to help and support each other and hopefully by sharing stories and experiences it helps everyone in knowing you aren't alone.

ALL staff/volunteers have necessary checks & certificates.

PLEASE REGISTER YOUR SPACE FOR A SESSION THROUGH THE SPOND APP,
VISIT OUR WEBSITE OR CONTACT US FOR THE LINK

IMPROVING MENTAL HEALTH THROUGH FOOTBALL