

## Andy's Man Club

Andy's Man Club are a Peer to Peer support group for any man over 18 years old. They are a national charity that encourages men to talk when they are struggling. They have online groups as well as local face to face groups. They have groups across Newcastle, North Tyneside, Northumberland, Gateshead. You can see the different club locations on their website.

The Newcastle support group meets every Monday at 7pm.

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**Website:** <https://andysmanclub.co.uk/>

**Email:** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

**Facebook:** <https://www.facebook.com/Andys-Man-Club-Newcastle-102216098780201>

**Address:**

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Northumbria Student Union  
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