

The Changing Room comes to Easter Road next week



Male Hibs' fans aged 30-64 are being urged take part in The Changing Room at Easter Road on Thursday 5 April.

The Changing Room will encourage men to come together, to open up and to support each other – as men are in trouble.

Men are two-and-a half times more likely than women to die by suicide each year with the biggest group at risk being men in their forties and early fifties.

Join in to kick-off The Changing Room at Easter Road on Thursday 5th April where you will hear:

- about the programme and how you can get involved
- the difference this programme will make
- activities taking place for you
- Neil Lennon encourage men to get involved and back the programme.

Fans can join up via the club website.

The Changing Room is a two-year pilot project which will work with Scottish Professional Football League Trust (SPFL Trust) and Hibernian Football Club to engage with men in the heart of their community, to take action for their mental health.

The aim is to increase the social connectedness of men aged 30-64 and deliver a programme of activity that will reduce loneliness and ultimately improve their mental health and wellbeing