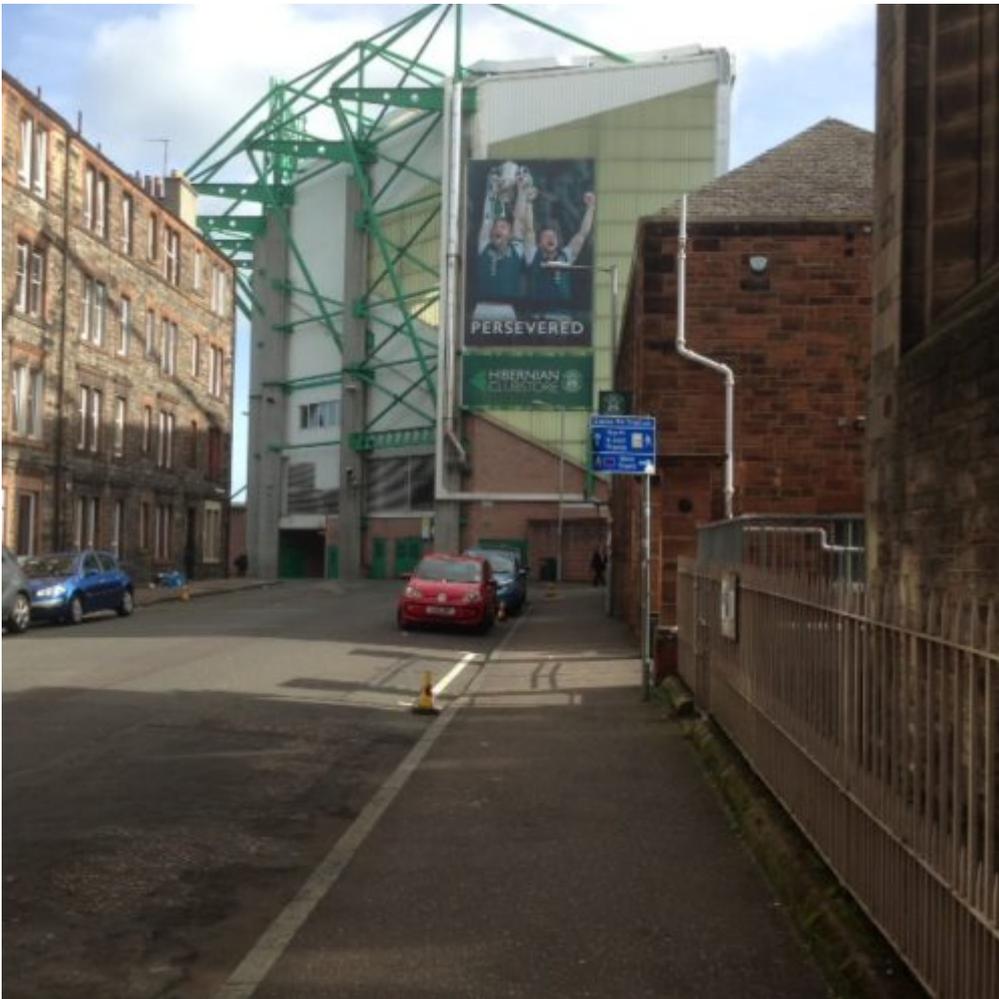


# Spaces still available for 'The Changing Room' course at Easter Road



Spaces are still available to sign up for The Changing Room's next 12 week course, which will start on Thursday 28th June.

The Changing Room is a two-year pilot SAMH project working 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.

This is the first mental health project to be funded in Scotland by the global men's health charity, Movember Foundation.

Sessions will run every Thursday from 6:30 – 8PM and take place within different areas of Easter Road Stadium.

Using football as the key, the 12 week programme is specifically designed for men in their middle years (30-64) and consists of a different session every week that focuses on different ways of managing mental health and wellbeing.

Activities vary and include a stadium tour, motivational talk, walking football, mental health awareness and more! This programme does not require any previous or ongoing mental health issues – it's for any men in the target audience who are interested! The main aims of the 12 week programme are to;

- Increase ability and knowledge to better self-manage mental health
- Start a positive conversation about mental health
- Increase ability to better support mates and family in relation to mental health and wellbeing
- See social and support networks improved and increased
- Reduce the stigma and discrimination surrounding men's mental health

Book your space by calling 07966 121146 or email [thechangingroom@samh.org.uk](mailto:thechangingroom@samh.org.uk)