

Have your say on mental health support in your area

Your voice matters! Share your expertise to ensure services meet your needs and those of your community.

The
BigLife
group

Whether you've used mental health services or have been hesitant, we want to hear from you! The Big Life group is seeking men across our region to share their insights on what helps their mental wellbeing and what barriers they face.

Get involved in quick chats, activities, and surveys! Your input drives positive change, and we'll make sure you're recognised for your time and insights.

Ready to make a difference?
Get in touch by email to find out more:
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