



# LET'S TALK MENS MENTAL HEALTH

On Monday 20th June, The Green Man (Ropsley) will be opening it's doors and beer garden from 5pm, with a free non-alcoholic beer to claim for every man coming to enjoy an evening in the beer garden.

Invite a mate. Relax. Laugh. We'll see you there.

*"Our social networks provide us with the single most important buffer against mental and physical illness," says Robin Dunbar, director of the Social and Evolutionary Neuroscience Group at Oxford.*

*"A study by The Medical Research Council found that men drinking with friends in the pub reported positive effects on their mental wellbeing, allowing them to open up and talk about their emotions – traditionally a masculine taboo.*

*They also found that having a few pints – in moderation – in a communal group allowed men to look out for each other and lift each other's spirits. Not only is the pub the antidote to loneliness, it also acts as a space for tricky mental health topics to be brought up in a non-pressurised way"*

**CLAIM  
YOUR FREE  
DRINK ON  
ARRIVAL!**

