

ManGang UK

Intro

You don't have to live just for the weekend.

Opening up about your mental health can make every day easier.

Main

Who we are

Mangang are a network of men who believe it's not weak to speak. No politics, no ego and no BS. Our groups are an opportunity to chat with each other and say what we are thinking and feeling. No judgement.

We believe talking helps ease the pressure modern men face in life and want to break down the stigma of talking about our bad days. Mangang's support network offers a chat and a laugh every week to our visitors at The Saints Pub in Millbrook.

What we do

Holding weekly sessions, we bring together men from all professions, age groups and backgrounds. Our Mangang continues to grow and help put people who might be struggling in touch with those who have been where they are.

You could be an apprentice bricklayer or an experienced site manager - we all have problems sometimes. Breaking down the stigma of men talking about how they feel is our aim - and our groups show everyone is equal and able to help each other.

How we help

By offering an outlet to men of all ages and backgrounds, we bring together people to show them they're not alone. We all have bad days and you'll be likely to find someone going through the same as you at one of our meetings. Talking and supporting - Mangang are here to help.

Get in touch

The first step is the hardest. But you won't regret it.

Give us a call and sign up for a visit to one of our meetings.

Phone: 0788 1109716

Email: info@mangang.org

Meetings: Face to Face (Weds 18:30- 20:30) and Zoom Sessions (Weds/Fri/Sun)