

TIRED OF PUTTING ON AN ACT? YOU'RE NOT ALONE

FEELING LOW?
MONEY WORRIES?
SLEEPING PROBLEMS?
RELATIONSHIP WORRIES?

WE HAVE SOME ANSWERS

VISIT WWW.THISISHEADS-UP.UK

SCAN ME
AND GET A
HEADSUP



HELPING MEN STAY HAPPY.



SCAN ME
AND GET A
HEADSUP



**NEED A
HELPING HAND?
YOU'RE NOT ALONE**

**FEELING LOW?
STRESSED?
SLEEPING PROBLEMS?
FEELING ANGRY?**

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**STRUGGLING TO
FIND A SOLUTION?
YOU'RE NOT ALONE**

**FEELING LOW?
SLEEPING PROBLEMS?
DRINKING TOO MUCH?
MONEY WORRIES?**

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REACHING THE END OF YOUR TETHER?

YOU'RE NOT ALONE

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STRESSED?

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**LIFE FEELING LIKE A
CONSTANT BATTLE?**

YOU'RE NOT ALONE

FEELING LOW?

FEELING ANGRY?

SLEEPING PROBLEMS?

DRINKING A LOT?

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