

A painting of a man with a beard and mustache, wearing a dark jacket, sitting at a round table. He is looking down at a piece of paper in his hands. On the table is a glass of beer. The background is a simple, textured wall.

**WHAT'S
ON YOUR
MIND,**

MATE?

This booklet aims to spark conversations, remind everyone that **you are not alone** and highlight available support.

Mental health is a vital part of our lives and it is okay to talk about it.



Andy's Man Club offers free peer-to-peer support, every Monday evening (except bank holidays), across the UK.

Free brew, biscuits and a warm welcome.

Scan to find your nearest group.

IN THESE PAGES, you'll find artwork by John Wilson McCracken selected by members of Andy's Man Club.

McCracken's art, shaped by his personal experiences with mental health, reflects the strength and challenges faced by men in our community.

Alongside each image contributors have shared their own reflections, finding connections to the art and common ground with the artist's experiences.



Art Fund_





Study for Portrait of Arthur Hunter Blair, 1973

A totally emotionless face.

No sadness, no anger,

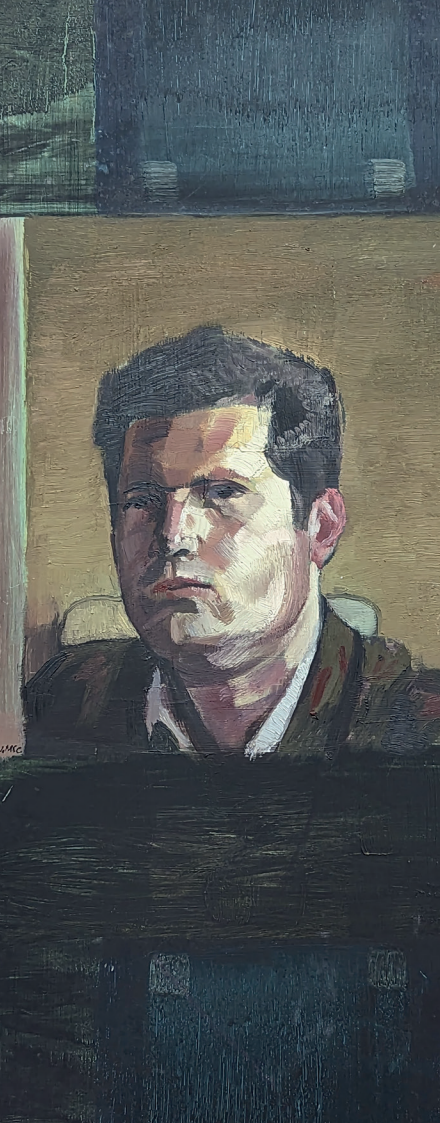
just nothing.

Is he just going through
the motions of daily life?

Just swept along.

Just getting through the days.

DANIEL



Self-portrait, 1966

Intrigued, wondering
what the future is
going to hold.

Will I be able to get
things off my chest?

Looking into those
dark feelings that
we sometimes don't
want to.

Should I take that
first step or carry on
as I am?

Is it worth it?

I'm always
questioning whether
this is the right thing
to do.

This was.

MAX



Portrait of Alan Turner, 1964

Contemplating past life choices and
where I'm going next.

Regretting the mistakes I've made and
what I could have done differently.

I've learned to stop dwelling on
mistakes that can't be changed.

RICHARD



The Beach, Horden Colliery, 1963

This is my kind of place
– the place I would go to clear my head.

To reflect on whatever is on my mind.

I love being in places like this, there's always
something different to see.

It's always changing, whether it's the clouds
or the sea... just being in nature.

IAN

I try to portray confidence, clarity and calmness
– hiding what is really beneath the surface.

Below the veneer is a whirlpool of self-doubt
and a war of emotions.

BARRY



Self-portrait 2, undated



Seated figure, 1958

Slumped, beaten, defeated, bereft, abandoned. We've all felt like this at times in our lives. Talking about how we feel and past events is crucial to our very well-being.

RUSSELL



Abstract, undated

This could be a door. It could be a window. Is that a keypad on it? Or it could just be shapes. You can turn the page around and see something completely different.

When I turn the page around I see a set of stairs leading upwards, and to me it could represent taking the first step to improve my mental health - every step is a positive change. But I could only see that by looking from a different perspective.

JASON

HARTLEPOOL ART GALLERY

offers a warm and friendly atmosphere, perfect for relaxation and reflection.

Opening hours
10am – 5pm
Tuesday to Saturday

Entry is **FREE**

Visit the gallery at
Church Street, TS24 7EQ



TOGETHERALL is designed to help people get support, take control and feel better. It provides 24/7/365 peer-to-peer and professional support. This service is safe, anonymous and free to all in Hartlepool (aged 16+).



Scan here
for more
information

HARTLEPOOL COMMUNITY HUBS

provide a calendar of events, skills workshops, social groups, health and advice services and much more. Dedicated staff are also on hand to help and answer questions.



Scan here
for more
information

Image on front cover: Man in a pub, 1970s