

BLUE MONDAY

Shining light on mental health

LGBT+ Communities in Construction

Cultureplex, Manchester | Monday 20th January, 18:00 - 21:00 | Tickets £5*

The event will stand up to stigma and ignorance, break down the barriers around mental health and deliver an evening of laughs.

The third Monday of January has been awarded the most miserable day of the year - Blue Monday! This year, join us in transforming it into a rainbow evening of award winning comedy and thought provoking discussion as we shine a light on mental health and provide visibility, advice and guidance.

Stand-up comedian John Pandal's award winning show - SHAME MONSTER is aimed at anyone struggling to feel good about themselves. The evening follows a shy Baptist boy from Watford who is full of shame? But what's the difference between shame and guilt? And is it too late for John to try and live without either?



"comedy masterpiece"
Feminist Fringe Reviews



"fabulous show"
Voice Magazine



"deeply moving"
The Week Review



"indelible triumph"
Broadway Baby

LGBT+ individuals are at a higher risk of experiencing a mental health problem than the wider population, with concerning numbers of LGBT+ individuals reporting depression, anxiety, suicidal thoughts and even attempting to take their own lives.

The event will be open to all, promoting better, mentally healthy workplaces for everyone.

Together we can start the conversation, stand up to stigma and break down the barriers to finding support.

It is ok, to not be ok.

All proceeds from tickets will go to our chosen charities to further facilitate their work.

Get your ticket [here](#)

*Includes drinks
voucher and nibbles.

eventbrite