

A Walk In My Shoes – One Step At A Time

A presentation by Martin Roberts, Mental Health Lead for Lloyds Banking Group.

Martin will talk about his experience of the Hillsborough disaster and how lots of elements meant that his mental health spiralled downwards. He talks about suicide and what strategies he employed to work through his difficulties.



MARTIN ROBERTS

**A Walk In My Shoes
One Step At A Time**

Monday 14 February, G17, 12.40pm prompt

This talk highlights the importance of communication and sharing feelings, and aims to address the stigma surrounding how men should behave.

There will be an interactive, open and honest Q&A about all of the above, and any questions students and staff may have.