



# HOW DO YOU BEAT STRESS?

**BEAT  
STRESS**



MEN'S HEALTH FORUM 

Beat Stress is a new online service from the Men's Health Forum.

Contact a stress expert 24/7 with text chat or email from your phone, tablet or computer. No names, no hassle.

[menshealthforum.org.uk/beatstress](https://menshealthforum.org.uk/beatstress)

**LET'S TALK**  
[menshealthforum.org.uk](https://menshealthforum.org.uk)