

**Independent Mental Health Network**

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We are sharing this survey with you on behalf of [Kooth plc](#). Kooth provides digital mental health services for adults, and are working on making their service inclusive of different population groups and cultures.

They have recently opened a survey specifically designed for men between the ages of 26 - 45 years old from ethnic minority backgrounds. They are inviting men from this group to share their insights and experiences of mental health support.

The survey should take approximately 5-10 minutes - click below to fill it in today!

**kooth**

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