Information NOW
Information for people in Newcastle upon Tyne

The Mental Shift

The Mental Shift is a Community Interest Company (CIC) that supports the mental health and wellbeing of young men through physical activity, Muay Thai and contact sports

They work with schools and gyms to offer various programs tailored to mental health and social issues that affect young men.

Their Active Connection project offers free support to the parents and carers of children with additional needs including neurodiversity, mental health issues, and learning disabilities.

They also arrange Love2Fight a local charity fight show for amateur and semi-professional fighters, with proceeds going towards The Mental Shift's services.

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Website: https://www.thementalshift.org/

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