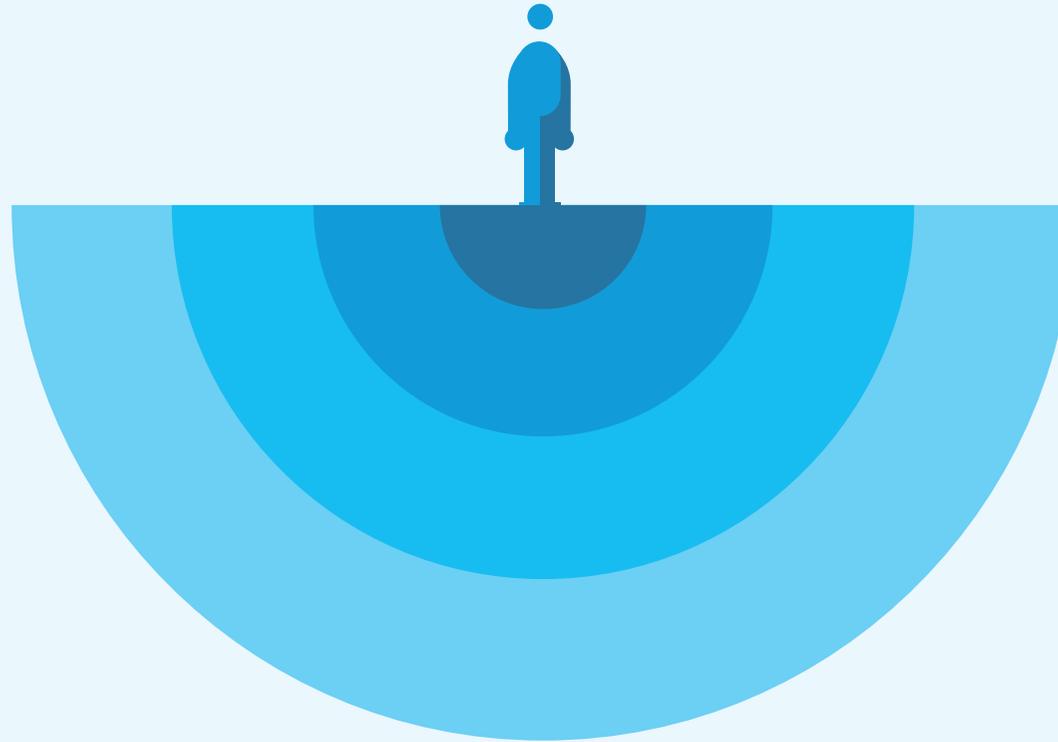


Information Pack



Welcome to Mentell

Supporting Men's Mental Health in Your Community



What is Mentell?

Mentell is a mental health charity

(reg. 1187547) that provides men (aged 18+) with safe and confidential spaces to talk, free from advice and judgment.

Mentell offers all men in your community free access to online peer-to-peer support every Monday (7-9 pm).

You can visit the website to find out more, sign up, or to get involved as a partner or volunteer.

<https://www.mentell.org.uk>

The sad statistic is that most men will not seek any help from a GP or health professional within the same year of taking their own life (72% of all UK cases).

However, that same man will grab a pint, haircut, coffee, gym session, or share a laugh in the workplace.

If we are serious about making our society safer for men, we need to tackle men's mental health at the front line - in the heart of our communities.



The ocean reminds me of my mind; sometimes, it makes for a peaceful experience, yet at any time, it has the power to take your life. When I was 14, on a sailboat to Holyhead, I experienced the terror of getting caught in such a storm. In the blink of an eye, the weather turned, and the waves were so powerful that they made a 50-foot vessel seem like a toy in a bathtub.

I needed help, but who would be brave enough to risk their lives in the worst of conditions to save mine? The answer to that question was a bunch of volunteers called The Royal National Lifeboat Institute.

Amazingly since 1854, RNLI has relied on these volunteers to ensure you stay safe at sea, no matter the circumstances; when the SOS call is received, the lifeboats get launched.

Yet the dangers of the ocean pale in comparison to the rates of male suicide, the single biggest killer of men under 50... and who goes out to sea to support these men?

The answer is Mentell, and the trained team of volunteer facilitators who open up safe spaces every week for men to explore their innermost fears and worries - meeting these men in their moment of need and following their minds into the unknown.

Andy, Head of Services.

I remember sitting in the first Mentell circle in 2017 with seven strangers in a scout hut on the outskirts of Stockport; little did we know then that tiny seed of hope would birth a national men's mental health charity.

It's been a journey, and it's about time we started to share it with you, which is why this press pack seeks to open our doors and connect what matters to Mentell back to you.

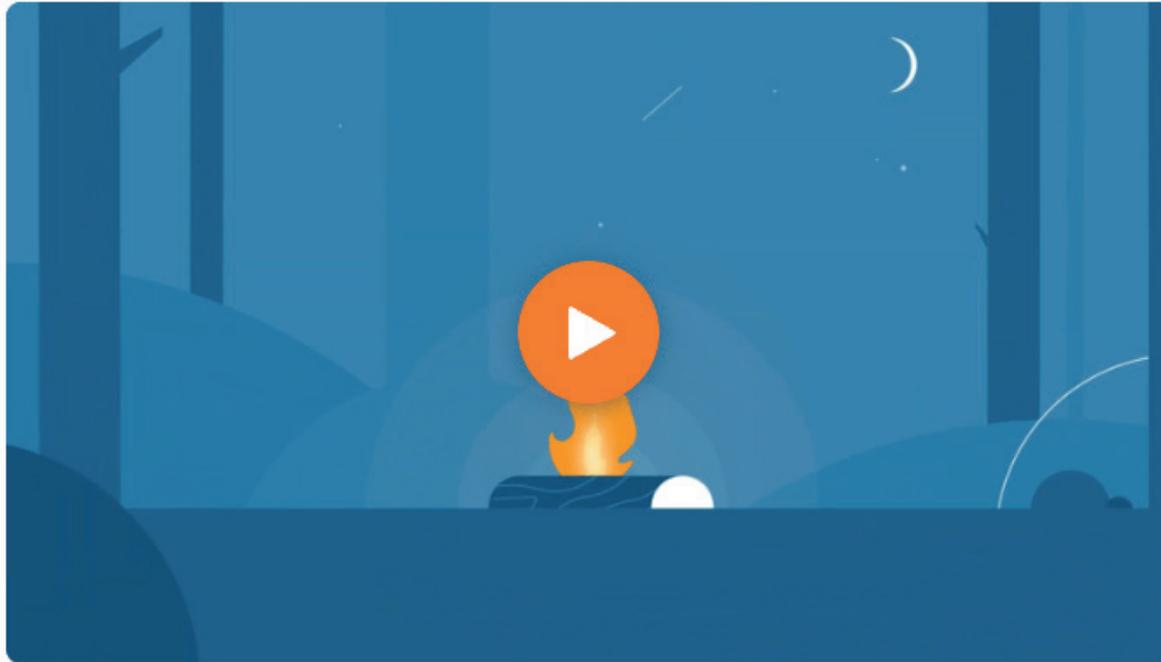
We hope you enjoy the read and thank you for your ongoing support.



Andy, Head of Services.

Andy's story





The Vision

Mentell's mission is to reconnect men with the circle, by offering every man the opportunity to talk.

Press play to learn about the vision for the future of the charity, and where the idea began.

[Play Video](#)

The Rise in Suicide

Men are less likely to access help.¹

Men are three times more likely to die by suicide than women.¹

Men aged 50 - 54 years have the highest suicide rates in the UK.²

The biggest killer of a man under 50, is himself.²

The average wait to be seen under the NHS as a referral for mental health is 18 weeks.³

The average cost of private counselling sessions is £40 - £50 per hour.⁴

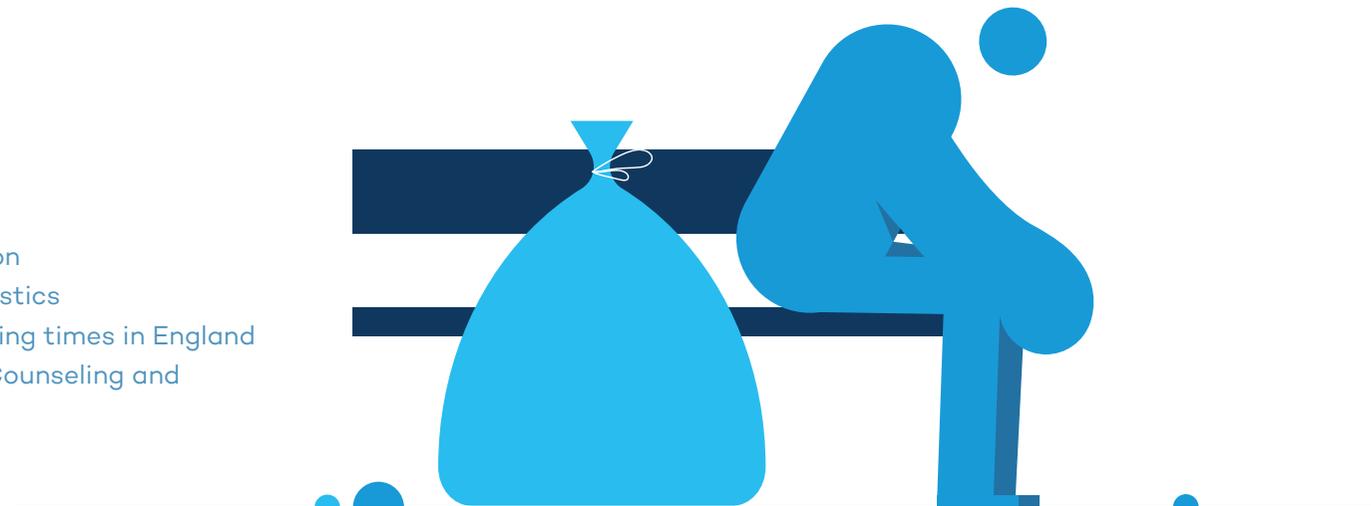
Mentell aims to fight these statistics, starting in the heart of each community with our Turn Your Borough Blue Campaign (TYBB).

¹Source Mental Health Foundation

²Source Office for National Statistics

³Source NHS; Guide to NHS waiting times in England

⁴Source British Association for Counseling and Psychotherapy (BACP)





Turn Your Bar Blue

Mentell offers several TYBB campaigns to reach the men local to each community. One of those being Turn Your Bar Blue; open to all bars and pubs willing to display Mentell marketing materials for the first week of each month.

Men in the local community are **6 times more likely** to attend Mentell in areas where this is an active TYBB presence, with **over 45% of all Mentell members** finding our service through the campaigns.

To learn more about our active campaigns please visit the website

[View Campaign's](#)

Turn Your Bar Blue in action

Mentell has been running the TYBB campaign since 2019... To date, over 3000 men have accessed Mentell. With your help, we can grow these numbers and increase awareness nationwide.



1000

Pubs and bars
signed up to TYBB
Nationwide

2M

Mentell Beer Mats
in Circulation

600

Avg. number of
men who find
Mentell through
TYBB each year

£50,000

The amount of
donations that TYBB
raised last year

TYBB

Single biggest
source of men
finding Mentell

Mentell Members

“I was going through significant changes in life & didn't really know the path forward. I was lost & found myself on the edge quite a few times.”

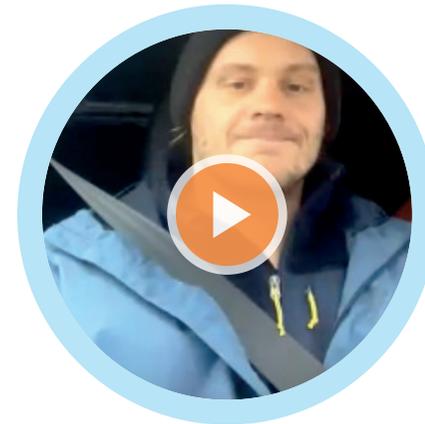
Anum, Mentell Member



Press play to hear Anum's journey with Mentell.

“I was able to go there and take my mask off that I wear daily and I was able to be myself. There's nothing like it really, it's quite magical.”

Luke, Mentell Member



Press play to hear Luke's journey with Mentell.

“The first night I had a good night’s sleep. A heavy weight has just been lifted.”

Steve, Mentell Member

“It was my first circle and it was truly humbling to be a part of. Those who facilitated it were fantastic and I can’t wait for me next circle...”

Mark, Mentell Member

“Really good facilitators, very welcoming, relatable, made me feel comfortable and not like a weirdo or outcast for my first meeting... Felt welcomed and right at home instantly.”

Kenny, Mentell Member

“Hearing other people’s stories made me feel less alone.”

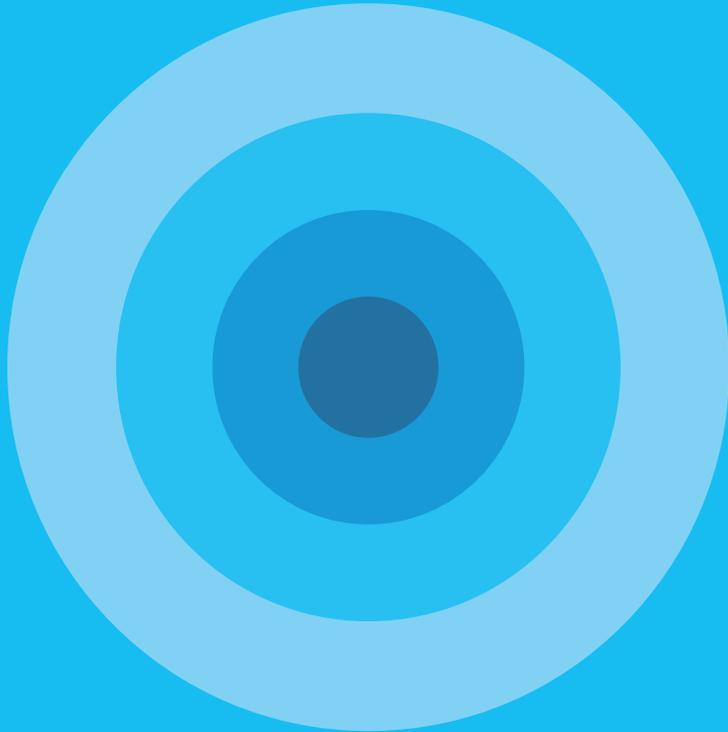
Mark, Mentell Member



Thank you for your interest

For more information about what Mentell is and how to get involved please email community@mentell.org.uk





Men, is it time to talk?

Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

www.mentell.org.uk