

## Location

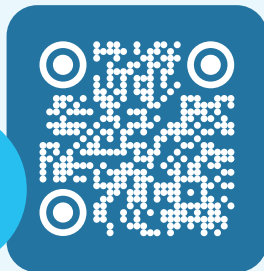
Find the current address\* below, or use your phone's camera to scan a QR code below and open it in Google Maps.



### Venue Address

Bradbury Community House,  
Market St,  
Glossop,  
SK13 8AR

### Google Maps



Or find an online circle at [mentell.org.uk/online](https://mentell.org.uk/online)

\*The address will be sent to you in a confirmation email on the day. Please note that venues may change, and the QR code will always show the most current location.

## How to sign up

1. Scan the QR code or visit [mentell.org.uk/signup](https://mentell.org.uk/signup)



2. Wait for confirmation and next steps, or you can just turn up



If you are unable to sign up for any reason, walk-ins are welcome.

Glossop

# Men, is it time to talk?



# The 7 Principles

All members agree to these principles by turning up to a Mentell circle.



Safety



Confidentiality



Respect



No Judgement



No Commitment



No Advice



No Pressure

Any breach of principles can be sent to [breach@mentell.org.uk](mailto:breach@mentell.org.uk)

## It's totally free, forever

There will never be any cost or commitment associated with accessing Mentell. As long as you are male and aged 18+, you can turn up to your nearest local circle, or access the service online whenever you need to.

## There's a team that care

Mentell has trained and experienced facilitators who ensure that the space is held in a safe and professional way.

There are no expectations, obligations or requirements when turning up to a circle other than to help uphold the principles.

## It's easy to sign up

Scan the [QR code](#) on the reverse side or visit [www.mentell.org.uk/signup](http://www.mentell.org.uk/signup).

Your local care provider can also sign you up for our service and / or arrange a 10-minute phone call with one of the team, for you to discuss what Mentell is and how it might be able to help.

If emergency help is required, please call the Samaritans on [116 123](tel:116123).



Stressed?

Fed up with your career?

Suffering from illness?

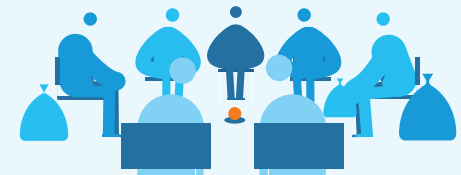
Socially isolated?

In a life transition?

Struggling with loss or grief?

Don't want to be here?

Mentell is a mental health charity that provides men (aged 18+) with safe and confidential spaces to talk, free from advice and judgment.



“We were just a bunch of men that wanted to get better”

Founders of Mentell



[www.mentell.org.uk](http://www.mentell.org.uk)