

Buxton

Men, is it time to talk?

Mentell is a UK charity that provides free online and in-person groups for men aged 18+ to talk in a safe and confidential space, without advice or judgement.



Grapevine Wellbeing
Centre | SK17 6EQ

Every Thursday
from 7pm-9pm



Online Mondays
& Thursdays
from 7-9pm

(Excluding Bank Holidays)



To register, scan the code or go to
www.mentell.org.uk/signup



Registered Charity No. 1187547



Mentell does not give any form of advice, and is not a substitute for professional medical help.

Find us on Facebook & Instagram @mentellcharity.

Where are you at?

Stressed?

Fed up with your career?

Suffering from illness?

Socially isolated?

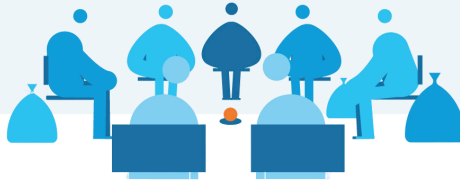
In a life transition?

Struggling with loss or grief?

Don't want to be here?

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

Andy - Mentell Member



What happens in a group?

Mentell is a free confidential space where you can talk, or just listen, about anything in your life. Every man is heard, every story respected.

Who are these groups for?

Any man aged 18+ who wants to talk about life and what's impacting them. Big or small, everything is welcome.

How do I join?

Fill out the form on our website, and we'll link you to a local group. Walk-ins are welcome anytime. Or flip the page over and scan the QR code to get started.

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