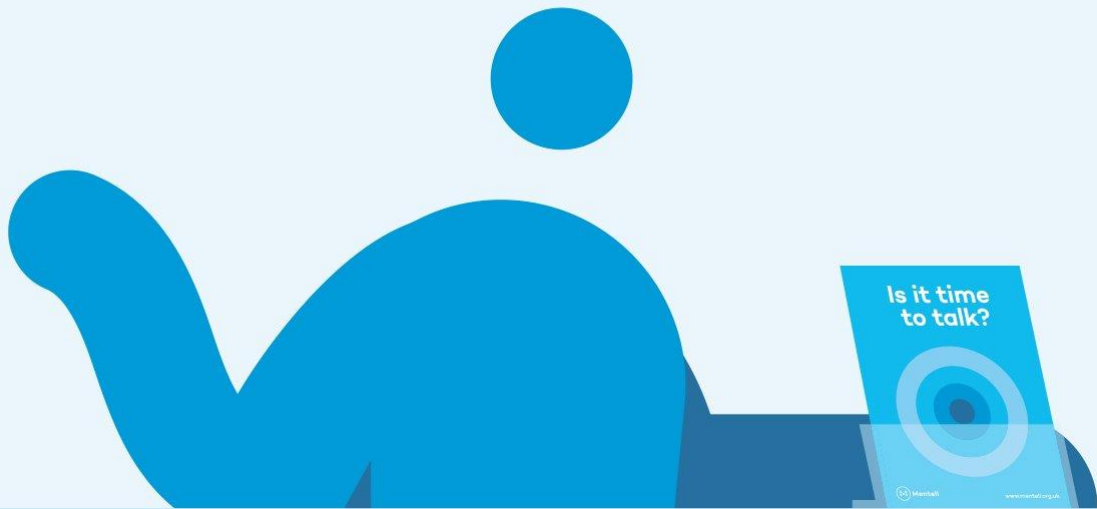




Mentell Matters



Mentell Monthly Newsletter

Welcome to the first edition of the Mentell newsletter. This newsletter has been brewing for a long, long time, almost half a decade.

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 monthly newsletter 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.

With Gratitude



Mentell CEO



Andy (CEO) centre with Mentell trustees.



Men, is it time to talk?

Hear from our CEO (Andy) and his inspiring story through depression and onto the path of Mentell press play below.

Featured on “So what’s your story” podcast.

[Hear Andy’s story](#)

Mentell Moments

Each week we ask our members if they would like to share some feedback on their experience with Mentell. Real, raw and relatable stories from the men who sit within the circles.

"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..."

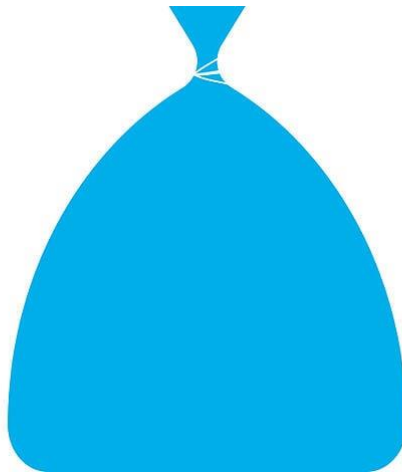
Mark, Mentell Member

"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."

Kennv. Mentell Member

"Hearing other people's stories made me feel less alone."

Mark, Mentell Member



Mentell in Numbers

With your continued support, last month we were able to increase awareness of our service in your local area, offering support to men in your community.

New Mentell members

110

New TYBB venues last month

15



Community Champions

Our Community Champions from September are volunteers Helen and Katie, raising awareness in the community inside the Mentell gazebo. Spotted alongside the Stormtroopers at The Made in Manchester Festival, we even got a quick visit from Darth himself!

Keep up the great work ladies, thank you.



Care Partner Spotlight

This month Mentell would like to celebrate Dr Reeder from Hill Top Surgery (Oldham).

With 32 referrals made to Mentell in less than six months, Dr Reeder is a shining example of how primary care (GPs) can tap into the voluntary sector to reduce the reliance on the NHS. Mentell offers her (male) patients free access to peer-to-peer support within a matter of days - compared to the UK average 14-week wait for NHS talking therapies. ***“After finding out about Mentell, I wonder what I used to do for the men I am referring now. Having a service you can book a time for someone to call the patient and explain their service is invaluable”.***

Thank you Dr Reeder for your continued support!



Do you work in the care sector? If so, why not sign up as an official care partner for Mentell and start making referrals today.

Become a care partner



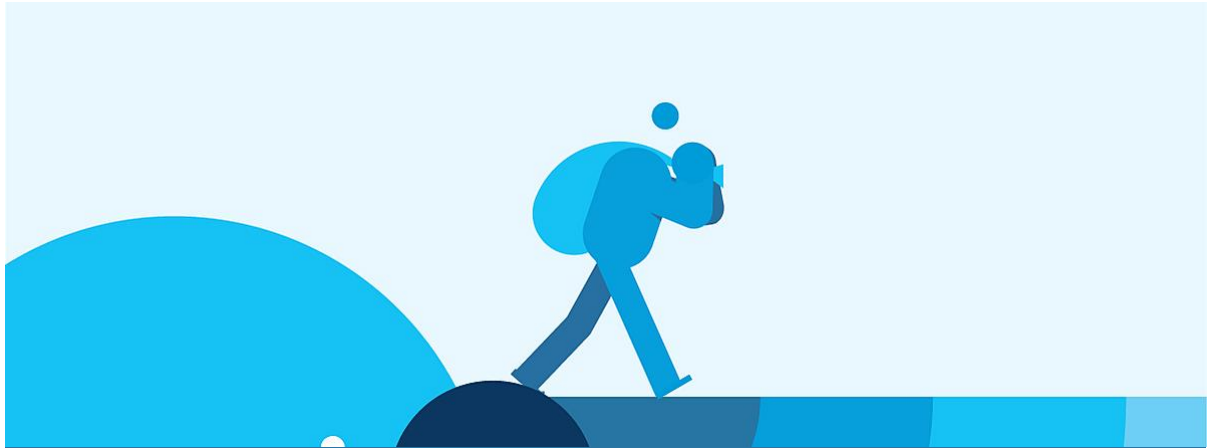
£5 is the cost to get one man to circle.

£50 is the cost of keeping an online circle running for a month.

£250 is the cost to train a Mentell facilitator.

A small price to pay for a service that can potentially save a man's life.

Make a Donation



Feedback and Ideas

Mentell are constantly looking to improve their communications and provide more relevant and useful information. If you have any suggestions or ideas please send them to social@mentell.org.uk.



www.mentell.org.uk



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