

Devoted to men
and mental health.



Chief Executive

AROUND 75%

of those who take their own life are men.

SUICIDE RATE

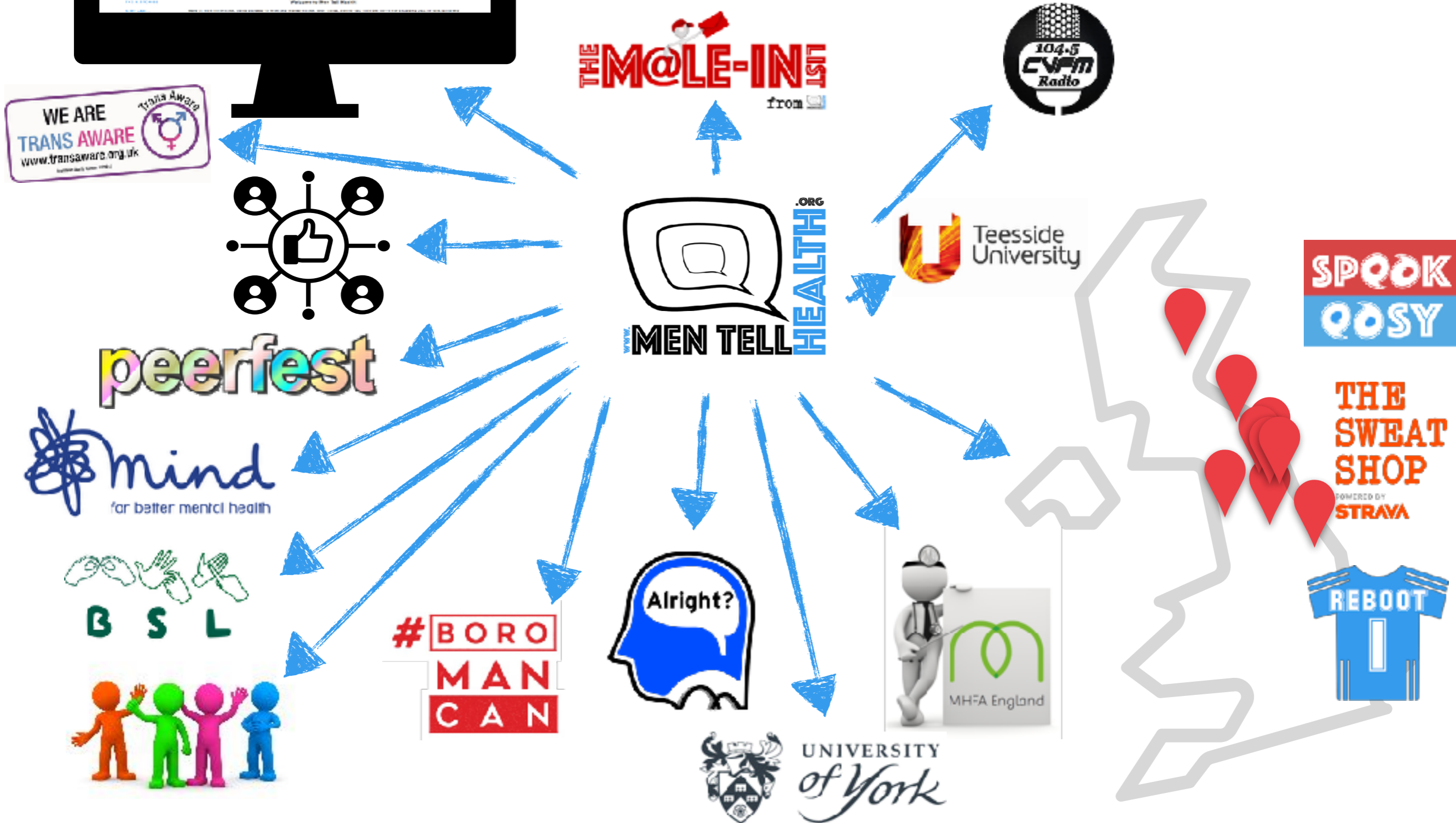
- The national suicide rate is currently 10.1 per 100,000.
- The rate in Stockton is 13.6 per 100,000 population
 - In reality, this equates to 68 people between 2013-15.
- To reach that figure, locally the number of suicides would need to fall from 68 to approximately 51.
 - A reduction of 17 over the 3 years.

WHO WE ARE. WHAT WE DO.

- A national award-winning mental health CIC focussing on men's mental ill-health and suicide reduction.
- Mental health help and support with a difference.
- A huge online resource for anyone.
- Overt and covert support.
- A network of men-only SpeakEasy groups.
- Training and consultancy on services to make them more 'man-friendly'
- A services that treat people with honesty, empathy and understanding, and respects their masculinity and their place in their world.



- **400+** pages of content.
- **100+** 'Men Tell' Their Stories
- **Interviews** with actors, journalists, DJs, authors.
- Links to almost **200 organisations in 66 countries.**
- Self-Help via **The Man Kit.**



USER-LED

MENTALLY

HUMOUR

BUILT ON

POSITIVITY

CORPORATION

NOT COMPETITION



SP



K

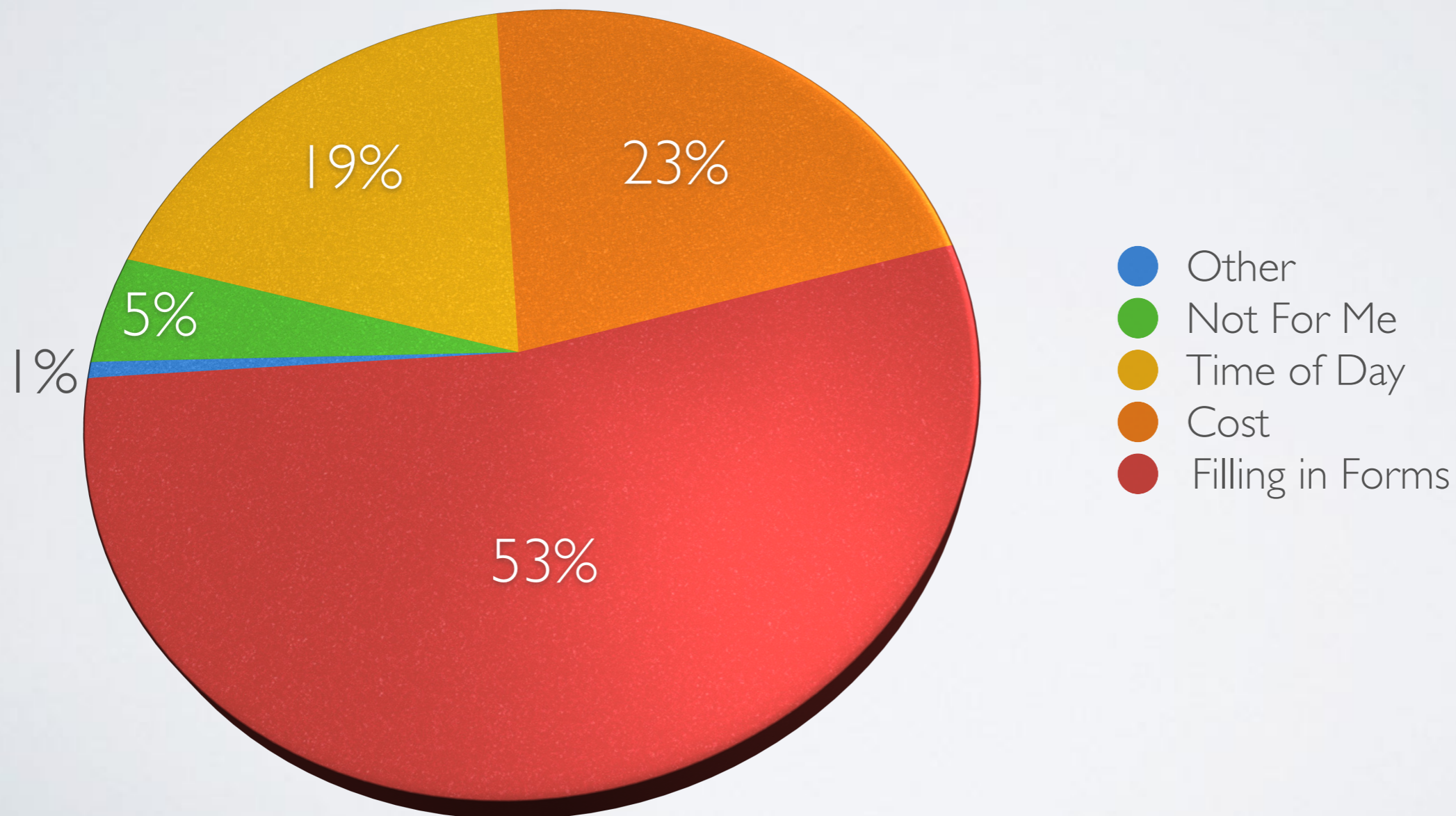


SY

- Our monthly men-only peer-support groups.
- Taking place in **Middlesbrough, Redcar, Yarm, Stockton-on-Tees** and **Grimsby**
- More locations locally and nationwide over the next 12 months.
- No cost. No judgement. No forms.

- Research conducted between November 2015 - January 2017
- Spoke to 2662 men at conferences, social events, high streets, etc.
- They were all asked one simple question

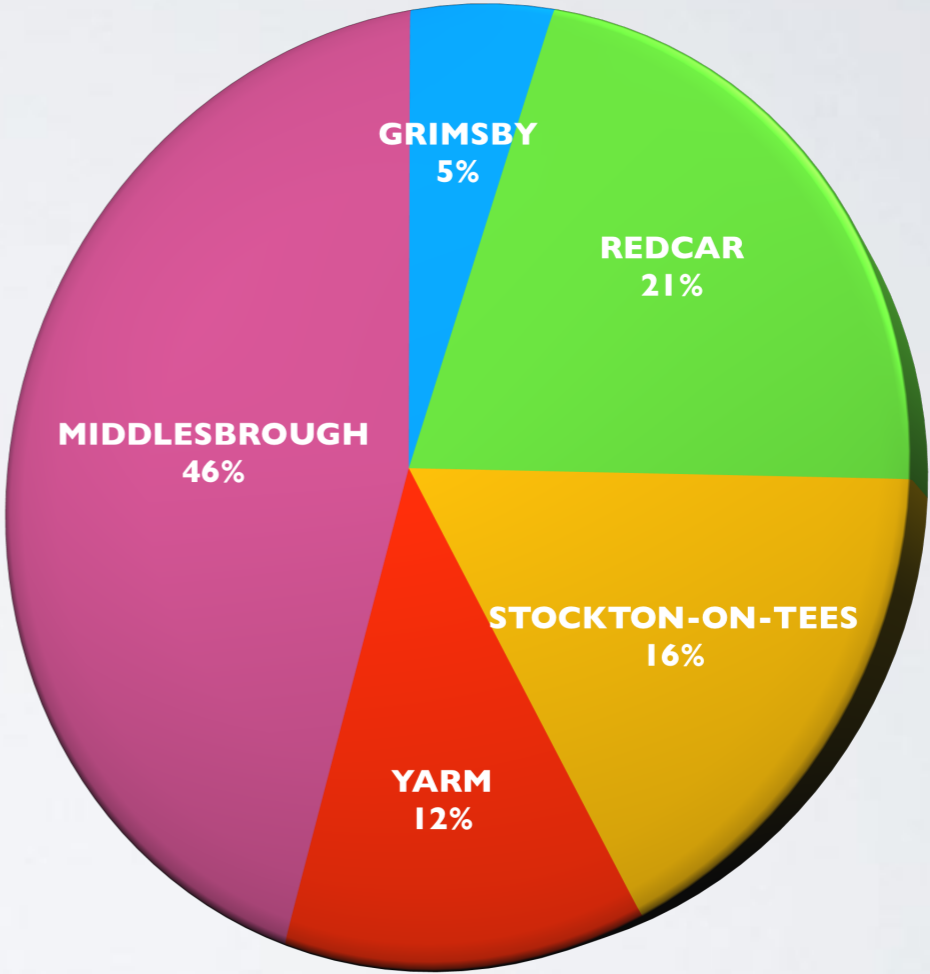
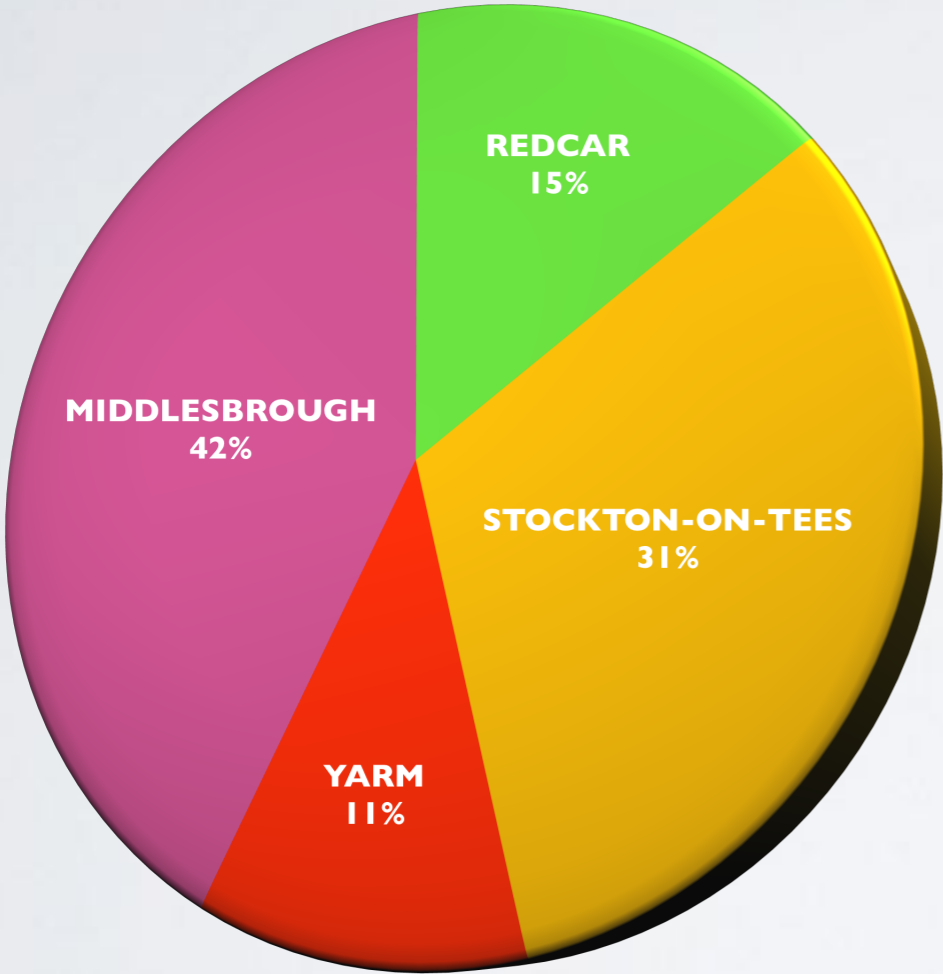
“What stops you accessing MH services?”



SPEAKEASY ATTENDANCE BY LOCATION

2017

2018 (to date)



● GRIMSBY ● REDCAR ● STOCKTON-ON-TEES ● YARM ● MIDDLESBROUGH

* Yarm didn't start until November 2017
** Stockton only two groups in 2018 (to date)

“The stereotypical group session of sitting in a circle in a Community Centre was never conducive with helping me talk, I still felt judged and anxious. What I discovered with Men Tell Health’s SpeakEasy was a place that helped me have a natural conversation with people about how I feel. The group helps me to feel empowered and not alone and I find opening up about my feelings comes naturally.”

Dan

“I found the SpeakEasy Group when I was struggling and low. I didn't know what I needed, but I was given free coffee, a comfy sofa and space for open conversation without judgement. I immediately felt at ease. It was like sitting in a cafe with friends. I felt lighter and engaged with life and the world outside again. I took this home with me and was visibly more myself. SpeakEasy is already an integral part of my monthly rhythm and I have learned to be more open about my journey.”

John

“Men Tell Health offer a fantastic resource for men to be able to talk with others that understand what it's like to live with mental health issues. The groups that I've attended have been very friendly, welcoming and informal and I would recommend them to anybody as a great way to access support. Keep up the great work!”

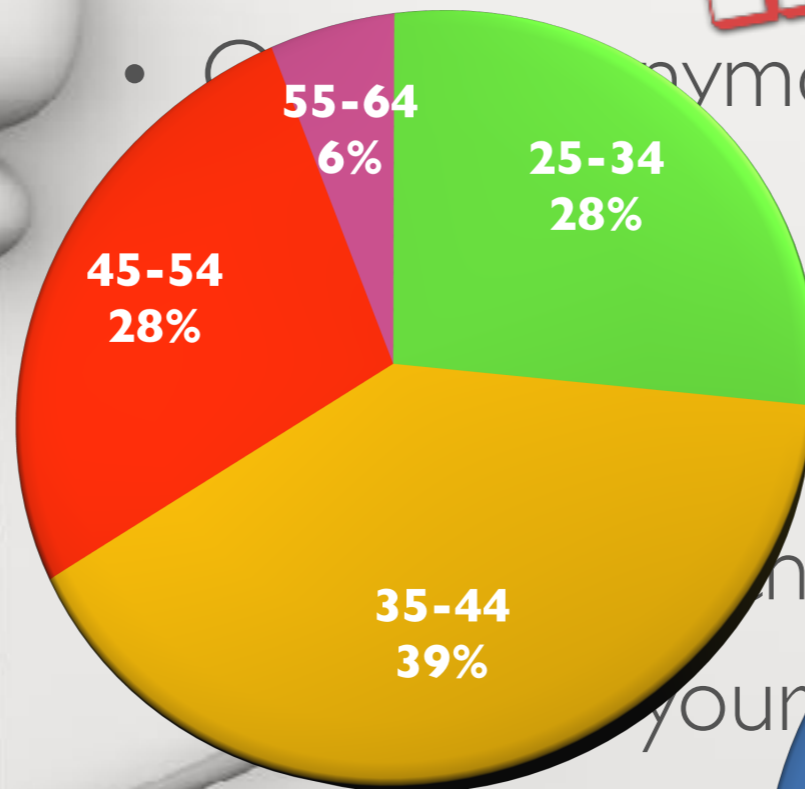
Matt

“It is no understatement to say that I am only alive today because of the SpeakEasy groups. It gave me hope to keep going and it gave me the understanding that I’m not the only one who feels this way. Don’t ever stop!”

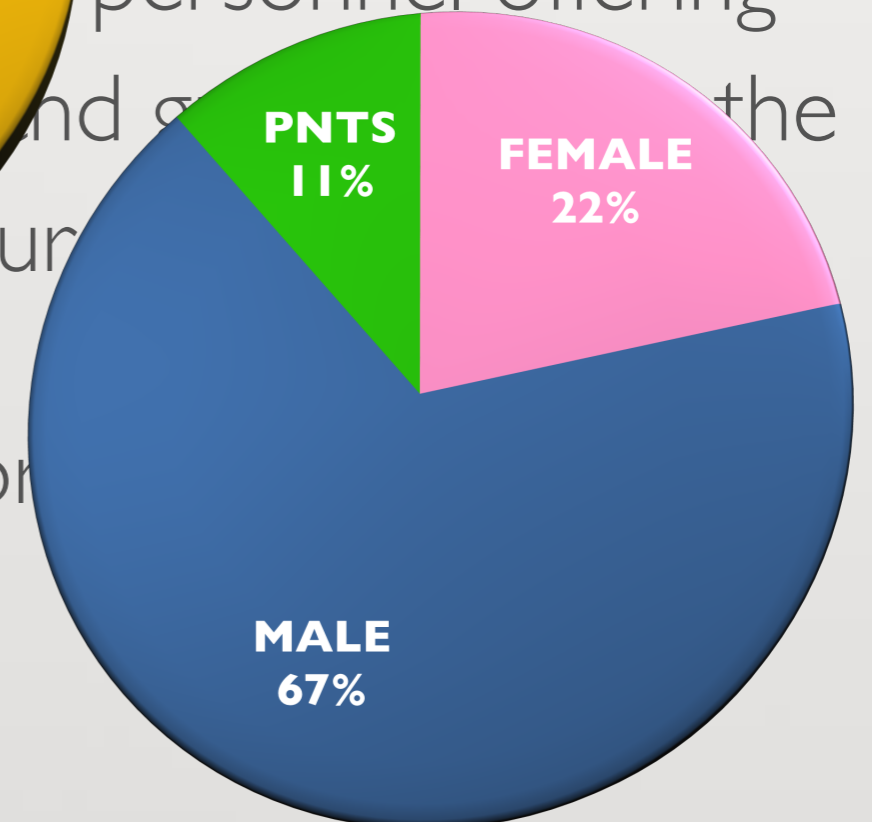
Craig



AGES



GENDER



• Anonymous live chat via the

personnel offering

and a

your

• 8-week pilot pr
reviewed.



THE SWEAT SHOP

POWERED BY

STRAVA

- Online worldwide community for runners and cyclists of all abilities.
- Physically fitter. Mentally fitter.



- Our weekly football group taking place in South Bank.
- In partnership with MFC Foundation.



“The football team gives me a sense of achievement. The tournaments are a journey, like my moving towards recovery, that helps with my physical wellness, but just as importantly, my mental wellness by accepting ‘I can’t do this alone’. It distracts me from negative aspects in my life, but ultimately it's fun; it puts a smile on my face and makes me feel human. Together we are stronger.”

Peter



Physical flyers

Word-of-Mouth

PROMOTION

Referrals

Social Media



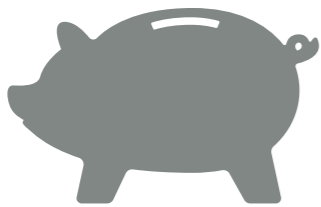
CHALLENGES



Time.



Locations.



Funding.



Engagement.

Do you want to
feel better?

For those people who aren't sure
if the groups are for them, we ask
them one very simple question.

YES

NO

They're for
you.

They're not
for you.

www.MenTellHealth.org

Thank You. Any Questions?

