
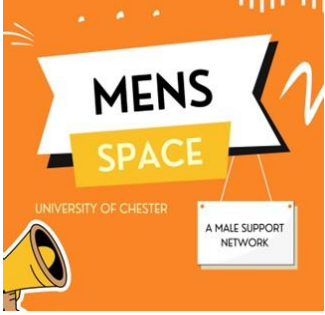





International Men's Day resources

	<p>International Men's Day UK</p> <p>The International Men's Day website shares a list of charities and organisations that support men and boys – see here.</p>
	<p>Men's Space</p> <p>The Men's Space student support network is live on Teams - click here to join the network.</p> <p>The network is a friendly and supportive space for those that identify as male to be able to talk about all aspects of being male, including Wellbeing. The network is facilitated by male staff from Student Services.</p> <p>If you have any questions, please contact the Student Services Helpdesk at studentservices@chester.ac.uk or call 01244 511550.</p>
	<p>Andy's Man Club</p> <p>Aiming to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. Run weekly, free-to-attend peer-to-peer support groups for men aged over 18.</p>
	<p>Men's Sheds</p> <p>Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities. They aim to improve wellbeing, reduce loneliness and combat social isolation. Men's Sheds is about social connections, friendship building, sharing skills and knowledge.</p>
	<p>Domestic Abuse support</p> <p>Respect: Men's Advice Line: Support for men who are experiencing domestic abuse. Freephone: 0808 8010327</p> <p>ManKind: Confidential helpline for men who are experiencing domestic abuse and domestic violence across the UK, as well as their friends, family, neighbours, work colleagues and employers. Freephone: 0808 800 1170 or Helpline: 01823 334 244</p>

	<p><u>Men Walking and Talking (Chester)</u></p> <p>Other Walking and Talking groups are available in the UK.</p> <p>Men Walking and Talking run mental health walks, with the aim of bringing men together in a safe space to end the stigma around men’s mental health by supporting each other.</p>
	<p><u>Martin Gallier Project (Chester and Newferry)</u></p> <p>A non-clinical support centre supporting individuals experiencing a suicidal crisis. Offer group-support and activities, and support to family members bereaved by suicide.</p> <p>Open 7 days a week. Phone lines and emails monitored from 9.30-4.30pm.</p>
	<p><u>James' Place (Liverpool)</u></p> <p>Support for men aged 18+ in suicidal crisis in the North West. Offer free person-centred therapy with an experienced therapist over 6-8 sessions, aiming to help individuals understand and recover from a suicidal crisis.</p>
	<p><u>Sean's Place (Liverpool and Sefton)</u></p> <p>Offer support specifically identified to improve confidence and self-esteem for men whilst reducing symptoms of depression, stress and anxiety. Aim to reduce stigma by providing a place that encourages positive discussions around mental health, in a non-clinical, non-judgemental setting through a variety of practical, proactive support and programmes.</p>
	<p><u>Everton in the Community (Liverpool)</u></p> <p>‘The People's Place’ is a mental health and wellbeing hub. As well as housing the charity’s mental health projects, it provides a layer of professional support with GPs and mental health practitioners on site. Open Mon-Fri 8am-4pm.</p> <p>‘Imagine Your Goals’ uses football as a therapeutic tool to support individual’s physical, mental, emotional and social health and wellbeing. The programme integrates football coaching with education workshops to help improve emotional resiliency and boost self-confidence.</p>

	<p>Men Too (Birkenhead)</p> <p>Men Too offer a range of mental health support to men living with mental health issues and/or suicidal ideation.</p> <p>Support includes one-to-one listening, therapeutic counselling, confidence and self-esteem training, and Weekly Maintenance for the Mind Sessions.</p>
	<p>Paul Lavelle Foundation (Wirral)</p> <p>Also offer remote support to men outside of the Wirral (phone or Teams).</p> <p>Male domestic abuse therapeutic support: Focused on recovery and designed to provide a person-centred blend of Therapeutic, Advocacy, Advice and Link-Worker/Signposting support activities.</p> <p>LGBTQ+ Support: Offers a safe space for male victims & survivors of domestic abuse within the LGBTQ+ community.</p>
	<p>Dewis Cymru - Dragon Chat Mental Health Peer Support for Men (Wales)</p> <p>Online peer support for men age 18+. Runs every Thursday from 7pm-8:30pm. Zoom meeting details on the website, no sign up required.</p>
	<p>Caring Dads (Wirral)</p> <p>A programme designed to increase fathers' awareness as to the wellbeing and safety of their children, build capacity for the application of child-centred fathering and promote respectful co-parenting with the children's mother. This organisation is aimed at men living with mental health issues.</p>