

# Talk Club is a talking (and listening) group for men.

A regular mental kick about.

Like using jumpers for goal-posts  
but for your brain.

To prevent you getting mentally overwhelmed.

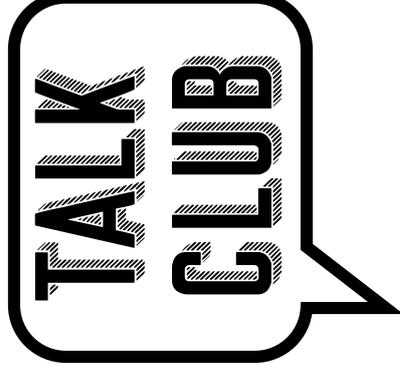
Set up by you, for you and your mates.

**You say who. You say where. You say when.**

We just help you to get things started.

It's not about solving your mates' problems.  
It's about listening to them.

So, how do you start one?



[www.WeTalkClub.com](http://www.WeTalkClub.com)

[Hello@WeTalkClub.com](mailto:Hello@WeTalkClub.com)

@TalkClubUK

3/4 of UK suicides  
are male.  
12 men a day.  
One every 2 hours.

Talk Club is here to help.  
They don't know how to.

One of the simplest ways  
to look after our mental  
health is by talking.

Suicide is the biggest  
killer of men under 45  
in the UK.

# THIS IS #TALKCLUB

## Find a quiet space

It doesn't need to be behind closed doors, but it does need to be somewhere everyone feels comfortable enough to open up.

## 6 - 8 men to a Talk

We recommend 6 - 8 mates in each group. Less is cool. More is fine. Just make sure there is enough time for everyone to talk.

## Keep it regular

Every week. Every fortnight. Every month. Whatever you decide; keep it consistent. This allows you to build yourself up for the next meeting.

## Keep it in Talk Club

The things you talk about should stay between you guys. Talking about the existence of the group is fine. In fact, it's encouraged, just don't share what others have said. This allows everyone to be open and honest.

## Have a start and end point

Kick off at 7.30 to 9.30 or 8-10. You don't need to do this but it's good to have some structure, even if it's rough it's good. 2 hours seems to work. Talk for as long as you need. But create a final whistle. It'll help.

## It's Social not a Piss-Up

Having a drink is ok. Maybe 2. Make it social, just don't get drunk - it covers up, not opens up. A relaxing beer is cool. Just don't let it take over. If you arrive stressed, why not start on a softy?

## Be Positive

This is an easy one as you are already all friends (or friends of friends). But if you all try to be really supportive, you will all get more out of it. Banter is good. Laugh, joke, be silly, but be positive.

## The Ball

Have a ball, or a spoon, just an object to pass around. It'll help everyone to take a turn to talk and to not speak over each other. Talk and pass it on.

## LET'S GET STARTED

You need one person to kick it off, their honesty will set the tone, so who is it?

### **1. HOW ARE YOU, OUT OF 10?**

*Out of 10 rate how you are feeling (Try to avoid the automatic "7" reply.)  
Are you feeling a 4 or an 8 or a 2? Be honest. Then try and explain why.*

### **2. WHAT'S WORRYING YOU?**

*What's dragging you down? Keeping you awake? What haven't you told people?  
Take the weight off. Talk about it.*

### **3. WHAT ARE YOU HAPPY ABOUT?**

*What one moment from the last week are you are really grateful for?*

### **4. WHAT'S YOUR PLANS FOR MENTAL FITNESS THIS WEEK?**

*Exercise? Learning? A lunch time walk? Give yourself some daily 'Me Time'  
Saying it out loud means you're more likely to do it.*

### **5. BEFORE YOU FINISH, DO ANOTHER ROUND OF NUMBERS - WHAT ARE YOU NOW?**

*This helps you see that there is progression in the sessions.*

Stay with it. It might take a few meetings to get used to it, but it will be worth it.  
**Stay connected.** Set up a WhatsApp group so you guys can be there for each other.

**Connect with us.** Follow us. Take a selfie and DM it. Because showing that you've started your group will inspire others to do the same. We'll also share films and content we've created that might help, creating a bigger community for everyone. So **#GetTalking**