**Male support community groups in Stockport – January 2021**

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| **Name** | **When** | **Contact Details** |
| **Direction For Men** | We are looking to work with local people and the community to develop a group for men in Stockport but we’re not quite there yet.  We are Directions For Men and we are a men’s peer support group. | E-mail hello@directionsformen.org.uk  Phone 07894 971 434 |
| **Open Door Stockport** | Mental health crisis recovery support in the centre of Manchester available for any resident in Stockport over 18  Address: 72-74 Princes Street  Stockport  SK1 1RJ | \*24/7 helpline: 08001387276 |
| **BOOST** | Weekly online and gym-based fitness and wellbeing sessions, which include non-contact boxing, keep-fit and yoga (December 2020). Bringing people together to enjoy a chat, a good workout and a chance to boost their mind body and soul. | steve@the-thread.uk  07808 773264 |
| **Mentell** | Find a safe and confidential space that offers you (males 18+) the opportunity to talk - free from advice and judgement.  The only requirement is your desire to make progress. | www.mentell.org.uk  talkto@mentell.org.uk |
| **MaaD (man about a dog)** | Are you feeling suicidal? Have you survived a suicide attempt? Come and see a Man about a Dog. We provide peer support based on the message that suicidal thoughts and attempts should not be hidden away or feared. You can speak about your thoughts and attempts with us. | https://manaboutadog.org  07706 115 471 |
| **Men Matter** | 9-week accredited course – the programme promotes physical, intellectual and emotional health. This essential life skills course explores techniques and strategies to which help men in all areas of there lives from communication to personal and professional progression. | Hayley Barclay  0161 494 9947  07312 124 267 |
| **Men’s Walking Group** | Weekly walk Men only | Hayley Barclay  0161 494 9947  07312 124 267 |
| **Marple Men's Group** | We are here to support men who want to talk with other men.  zoom every Wednesday night at 9pm | Aron Thornley  07951973792 |
| **Signpost Stockport for carers**  **Support for older male carers** | The main focus of the project is engagement and peer support groups to encourage hidden unpaid carers to register and access support from Signpost before they reach crisis point. | briony@signpostforcarers.org.uk  01614420442  07762310888 |

Useful websites

<https://shiningalightonsuicide.org.uk/>

<https://www.thecalmzone.net/about-calm/what-is-calm/>