

# HOW ARE YOU? OUT OF 10?

This is the question that starts every Talk Club.

Talk Club is a mental fitness community for men. From peer to peer talking groups, to Talk & Move and Talk Club Therapy.

We're on a mission to help every man over 18 to become mentally fit, by talking out their worries in a safe space.

Join us:

**TalkClub.org**

Registered Charity Number:1194033



@TalkClubCharity

Talk Club is a talking community for men 18+

# OPEN UP NOT MAN UP.

We hear it all the time:  
*"Don't talk about it.  
Man up."*  
But deep down, we all know  
that makes things worse.

At Talk Club, we encourage  
men to *"Open up"* through  
the question:  
*"How are you? Out of 10?"*  
This is the basis of our  
male mental fitness  
community.

From peer to peer talking  
groups, to Talk & Move and  
Talk Club Therapy.

We're on a mission to help  
every man over 18 become  
mentally fit and redefine  
what it is to be a man.

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# MENTAL FITNESS FOR MEN.

What is mental fitness?

Well it's not sudoku for a start. It's like physical fitness, but for your mind.

And one way you improve it, is to talk about your worries.

It's what Talk Club is based on. From peer to peer talking groups, to Talk & Move and Talk Club Therapy.

We're on a mission, to help every man over 18 look after his mental health. Because a mentally fit man is good for everyone.



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# THERAPY FOR MEN.

Talk Club is all about preventing mental ill-health.

Our groups are all based around: "How are you? Out of 10?"

But what if you are regularly checking in below a 5?

That's why we've created Talk Club therapy.

6 men. 8 weeks. Group Therapy, run by a qualified therapist in a safe confidential space.

All for the price of a couple of cups of coffee per man per session.

To find out more email: [Therapy@Talkclub.org](mailto:Therapy@Talkclub.org)



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TALK  
CLUB

# CAPTAINS WANTED.

What's a "Captain"?

Well, a *Talk Club Captain*, is the man who runs a Talk Club. Captains are the lifeblood of the community, and as Talk Club grows, we need more.

So, are you male and over 18?  
Would you like to help other men,  
while looking after yourself?

You'll be trained and supported.  
You'll be appreciated and included.  
It's a voluntary role, but you  
will benefit from being in a safe,  
positive community, where you  
can be yourself.

So, if you'd like to be part  
of the solution, and set up a  
Talk Club around here, email:  
**[ben@talkclub.org](mailto:ben@talkclub.org)**



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