

# MindtheMen

- Who are **MindtheMen**?
- **MindtheMen** are a suicide prevention group which was started in memory of Grant Macdonald who we sadly lost in 2018 to suicide.
- We offer men who are struggling a safe place where they can come to talk openly, be listened to without judgement and feel supported.
- None of us are medical experts or health professionals, we are just men, helping men.



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- We meet every Monday from 7pm until 9pm
- We have two clubs located in Glasgow
- The Partick club runs from West of Scotland Cricket Club in Partick
- We have recently opened a club in Springburn, running from the Community Hub in Springburn Shopping Centre
- These venues offer relaxed, informal settings for our members to come and talk, have a cuppa and leave feeling better than they did when they arrived



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- 784 suicides were recorded in 2018 compared to 680 in 2017
- The number of suicides recorded in Scotland rose by 15% in a YEAR
- The suicide rate for men is THREE TIMES more than the rate for women - out of the 784 recorded 581 were men
- 581 sons, brothers, fathers, uncles, grandfathers, cousins, partners, husbands, friends, work colleagues
- At **MindtheMen** we try to make that connection with men encouraging them to have the conversation about suicide and help save lives



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At each of the MindtheMen clubs there are facilitators who have undertaken Suicide awareness, alertness and first aid training.



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Our group format is very simple:

6 questions

The first four questions are the same every week

We start by asking their name (we respect our mens confidentiality so we only ever ask for first name), we then ask them to describe how they feel at that moment in one word

We then ask them how their last week has been

What has been one positive for them this week

Is there anything they want to get off their chest

The last two are selected by the facilitators to try and end the group on a positive note, they may be topical but they will always be something that is emotive and positive

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After our questions are done we don't just send our men home

They have the opportunity to stay behind for a short mindfulness/relaxation session

10 minutes guided relaxation to help them after what can be an emotional 2 hours



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- We have been fortunate to have so many people from different backgrounds supporting our groups and what we do
- People from TV and Music industry supporting us by “Wearing a band and taking a stand” against suicide.
- Renowned artist Frank To is currently giving some of his free time to run a drawing masterclass for our club members.



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All this external support is amazing helping to get the word out there about what we do, but it's out in the community where our work begins...



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Where possible it's good to get involved in activities that help our members bond and also continue the peer support that they receive in group. Recently we took part in a football tournament at Barrhead High to help raise funds for Mental Health UK



We have also entered a team in this years Pedal for Scotland Classic Challenge, Glasgow to Edinburgh cycle - 45 Miles.



We want to raise awareness about suicide prevention and let more people know about our clubs.

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What our group members think...

Absolutely amazing support group which has helped me so much recently. Everyone is very welcoming and supportive. I've tried numerous ways to improve my mental health and feel better (counselling, Breathing Space, etc) with varying degrees of success.

This group has given me more support, recovery and encouragement better for me than any medicine, counselling or other forms of support.

I can't recommend mindthemen highly enough

A place where men can talk and nobody judges. Every person in the room is there to support each other.

an amazing support in understanding, listening and caring.



highly recommend this great group, was it my first meeting tonight after forgetting multiple times to go, wish I had gone sooner. won't forget again.

Men don't have to suffer in silence.

5 simple Questions that make you feel better

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- Our members help to spread awareness of our groups as do their friends and families
- We've been fortunate to have been featured in the media which has given us another platform to encourage men to come along and meet with us
- From mainstream media, to online sources, North Glasgow Homes and student magazines the word is being spread about **MindtheMen**



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We get a lot of people asking us  
“What can we do to help you?”

The answer is simple...

- Spread the word about us - we are easily found on all social media platforms (and we will soon be launching our website to increase our reach
- Encourage men to talk
- Our message is simple...It's NOT weak to speak!

The poster features a dark blue background with a white mountain-like shape. At the top, a white circle contains the text 'MindtheMen' and '#SupportGranted'. Below this, the text 'MindtheMen' is written in large blue letters, followed by 'Mondays 7pm - 9pm' in smaller white text. A grey box contains the heading 'SUPPORT GRANTED' and a paragraph: 'We are a suicide prevention peer to peer support group where men can meet in a safe place, talk openly, be listened to and feel supported.' Below this is the statement 'Suicide is the biggest killer of men under 50 in Scotland'. A teal box lists two locations: 'West of Scotland Cricket Club, 40-44 Peel St, Patrick, Glasgow G11 5LU' and 'Springburn Community Hub, Springburn Shopping Centre, 230 Springburn Way, Glasgow G21 1TS (enter via car park at rear)'. The website 'www.mindthemen.co.uk' is listed below. At the bottom, there are icons for Facebook, Twitter, and Instagram on a green grass background.

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