

Male support community groups in Stockport

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
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
'Breathe' men's group	B.R.E.A.T.H is a mindfulness men's group with breathing techniques, body-therapy work which will be guided by a well being coach with guest speakers helping men let go off negative thoughts and feelings Breath will be held over zoom every Tuesday.	Breathe-freely@outlook.com Tel- 07955555612.
Optimal Football	Friday evening from 9pm at Hazel Grove Sports Centre, Jacksons Lane SK7 5JX A support group for talking goals and mental health challenges. Come along to play, watch or have a chat - £2 cost	Dave Green 07515 020 623 Rebecca Rose 07585 758 998 football@optimalsupport.co.uk
Walking Football	Monday 12:30pm till 1:30pm. At Brinnington Leisure Centre, Northumberland Rd SK5 8LS Football at a slower pace £3.00 cost	Gareth Ball 07800 764 479 Gareth.Ball@lifeleisure.net
Walking Football	Friday 11am till 12noon. 50 years and over At Power League Craig Rd, Stockport SK4 2AP £2 per person (first session is free) really friendly and fun session with a focus on participation rather than competition.	Stockport County Community Foundations Places can be booked in advance by calling 0161 286 8888.

Useful websites

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

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

Updated July 2021