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**Themes:** Advocacy

**Aimed at:** Men only

Mentell provides safe and confidential spaces for men to talk, free from advice and judgment. The free to access service runs both online and in face to face settings across the country.

**Free of Advice:** Members share their personal experiences without directing thoughts, feelings or beliefs to any other member within the circle.

**Free of Commitment:** You are free to come to Mentell's circles as and when you choose. You will never be asked to make any formal commitments. Members have free access for life.

**Free of Judgement:** The circle is a space for people to share sensitive thoughts and feelings, you are invited to do so free from any judgement.

**Respect:** Regardless of background, faith, beliefs or appearance, every member has the right to be respected for who they are.

**Confidentiality:** Your personal details and the information that you share within

the circle, stays within the circle.

Freedom to Share or Listen: Everybody has the right to share within the circle, equally there is no obligation to share. The choice is always yours.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

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