

The Mentell Manual

1. Purpose

1.1 Mentell is set up in the form of a male peer to peer support group hereby referred to as 'the circle'.

1.1 The purpose of Mentell is to give men the opportunity to access space within themselves to process and heal any form of mental and emotional suffering.

1.2 Mentell holds at the heart of the constitution the individual's right to discover his journey in his own way.

1.3 Mentell is not something any individual can own, touch or see, it has no views, gives no advice and takes no credit.

1.4 The only membership requirement for Mentell is the individual's desire to get well.

2. Rights

2.1 Individuals have the right to discover their journey in their own way

2.2 Individuals have the right to confidentiality

2.3 Individuals have the right to be heard in none judgement

2.4 Individuals have the right to share

2.5 Individuals have the right to be respected

2.6 Individuals have the right to safety

2.7 Individuals have the right to access Mentell free of charge

3. The Mentell Structure

3.1 At the heart of Mentell is the individual.

3.2 Mentell appoints a facilitator to each circle, responsible for protecting the individual's rights and ensuring the setup/open/delivery and close of the circle in accordance with 4.1 - 4.10.

3.3 A support team is in place to take care of matters outside of the circle such as day to day admin, financial operations and more.

4. The Circle

Mentell only recognises the circle where the following exists

4.1 Private room or space

4.2 Safe environment

4.3 Pre-agreed start and end time

4.4 Assigned Mentell facilitator

4.5 Adequate toilets

4.6 Adequate number of seats

4.7 Space to organise refreshments

4.8 Individuals rights are protected

4.9 Facilitators have carried out circle responsibilities (listed under 5.1-5.7)

4.10 The circle must be accessible to individuals with all forms of disabilities

5. Facilitators

Mentell upholds the member's rights by way of allocating circle facilitators voted in by the guardians whose responsibilities include:

5.1 4-minute reminder of Mentell purpose

5.2 Welcoming new arrivals upon entry

5.3 Ensuring member rights are understood and adhered to

5.4 Facilitating sharing and timings

5.5 Opening & closing of the circle

5.6 Tea/coffee

5.7 Administration & reporting

Small steps lead to big changes.

Within the circle, there is no hierarchy. Each individual has a job and a role to play. Working together, we allow space and the opportunity for real, genuine, deep transformation to take place, in whatever way that comes for the individual.

Every participant has the responsibility to ensure that our individual rights are held and protected. The Facilitators of MenTell are there in service, to hold a clear and direct focus for the group.

