



Would you like to be part of a mental fitness community for male students at Sheffield Hallam University?

Talk Club @ SHU is a peer developed and peer led talking and listening club for male identifying students. It's a simple medicine that starts with asking **'How are you? Out of 10?'**

By checking in regularly with yourself and other male students, Talk Club @ SHU builds connections, encourages peer support networks, and creates a supportive community.



www.shu.ac.uk/wellbeing/group-sessions/peer-support