Talk Stick

What is it?

Talk Stick is a men's mental health initiative developed through Tonic Health, in partnership with Bro Pro UK and the Lincolnshire hockey community. The project was created following the loss of friends and teammates to suicide, with the aim of encouraging men to talk openly about their mental health and seek support when they need it. It provides safe, informal spaces where people can come together, share experiences, listen to others and realise they are not alone.



How does it work?

Talk stick delivers mental health and awareness sessions within hockey clubs and community settings across Lincolnshire. Sessions are designed to break down stigma around mental health through encouraging conversations and connecting participants with practical resources.

Our partnership

Active Lincolnshire recognises Talk Stick as a strong example of how sport and physical activity settings can be used to support wider health and wellbeing outcomes.

Talk Stick has also contributed to wider discussions around mental health across the county, including speaking at our recent Mental Health Round Table event that brought together partners from across health and voluntary sectors to raise awareness and explore approaches to supporting wellbeing.

By working with organisations such as Tonic Health, Active Lincolnshire supports approaches that use trusted local environments to engage people in conversations about mental health.

www.tonic-health.co.uk
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