



MIND MAINTENANCE MANUAL



Welcome to your Wellbeing Pack

This pack has been put together with one goal in mind – to give you simple, practical tools that can help you look after yourself. Life throws challenges at all of us, and sometimes it can feel like we've got to face them on our own. The truth is, we don't. We all need a bit of support now and then, and this pack is here to remind you of that.

Inside, you'll find things you can use day-to-day:

Practical tools – like trackers, space for journaling, and activities that help you check in with yourself.

Tips and advice – straight-talking ideas you can try when things feel heavy or overwhelming.

Resources and numbers – so you know where to turn if you ever need extra support.

Why This Matters

A lot of us lads are guilty of bottling things up, pushing through, and hoping it all sorts itself out. But looking after your wellbeing is just as important as looking after your body. When your head's clearer, life feels lighter – and that's something worth working on.

How to Use the Pack

- Take it at your own pace. There's no right or wrong way.
- Use the journaling space when you want to get things out of your head.
- Try out the trackers to see patterns in how you're feeling.
- Keep the resource pages handy – you never know when you or a mate might need them.

Final Word

Think of this pack as a mate in your bag – something you can turn to when you need a boost, a reminder, or just a space to offload. You're not on your own. We're in this together.

Common Challenges Men Face – And Why You're Not Alone

Let's be honest – being a man doesn't come with a handbook. Most of us are just trying to figure things out as we go. And while we might laugh, crack on, and put a brave face on things, the truth is a lot of men carry silent battles every single day. You're not weak for feeling it – you're human. Here are some of the common challenges many of us face. If you see yourself in any of these, know this: you're not broken, you're not failing, and you're definitely not alone.

STRESS

Pressure from work, family, finances, or just life in general can pile up fast. Many of us feel like we're constantly juggling responsibilities – trying to provide, perform, protect, and still keep it all together. The thing is, stress isn't just "part of being a man." Left unchecked, it can wear you down physically and mentally. It's okay to take a step back. It's okay to say, *"I'm not alright."* Rest **isn't** a weakness – it's a reset.

DEPRESSION

This one can sneak up on you. It might not look like sadness – sometimes it shows up as numbness, anger, or just not feeling anything at all. You might start losing interest in the things you once enjoyed, struggle to get out of bed, or feel like there's no point. It's not "just in your head" – **it's real, and it's valid**. Depression doesn't care how strong you are. But talking about it and reaching out can change everything.

ANGER

A lot of us were raised to bottle things up. Don't cry. Man up. Get on with it. So when emotions build up, anger can become the outlet – even when it's not really what we're feeling. Behind that anger might be pain, fear, or just being overwhelmed. Learning to talk before we blow up isn't soft – it's **strength**. It protects the people we care about, and it protects us too.

ISOLATION

This might be one of the toughest ones. You can be surrounded by people and still feel alone. Maybe you don't want to burden anyone. Maybe you've lost touch with mates. Maybe you don't even know how to open up. But **you're not the only one** feeling this way. Real connection starts with honest conversations – even if it's just one chat with one mate. Groups like this one exist because we've all been there, and we don't want any man left in the dark.

So now what?

You don't have to have all the answers. You don't have to fix everything overnight. Just showing up and admitting, "*I'm struggling a bit*," is a massive step.

Talk. Walk. Breathe. Write. Join in. Listen. Laugh. Cry.

Whatever helps – give yourself permission to feel it and deal with it.



There's no shame in struggling – only courage in facing it.

“You're not alone. And you don't have to do this on your own”.

This space, this group, this pack – it's all here for you. One step at a time.

Welcome to your Wellbeing Pack

This pack is designed with you in mind – because life can be tough, and no man should have to face it alone. Whether you're struggling with stress, feeling a bit lost, or just need a place to let off steam and reconnect, this is for you.

We're here to stand by you, and we hope these pages help you take a breath, reflect, and feel supported.

What's inside:

- Everyday challenges and how to tackle them
- Spotting the signs – in yourself or a mate
- Simple tools to steady your mind
- Real talk about reaching out
- Space to write, vent, and process
- Contact info and resources for when you need more

You don't have to have all the answers.

You don't have to go it alone.

You just have to keep showing up.

This is your space. Use it your way.

STAND BY ME – Because real strength is in standing together



Seeking Help

When to Seek Help – Breaking the Stigma and Giving Yourself Permission

Let's get something straight from the off – **asking for help isn't weak, dramatic, or attention-seeking.** It's the strongest move you can make when life starts to feel too heavy. But for a lot of us, that message didn't get through growing up. We were told to "man up," "crack on," or "deal with it"

That's how stigma works.

It stops good men from getting the support they need until things hit breaking point. But things don't have to get that far. Reaching out early is a sign of strength – and it could be the thing that saves your life, or someone else's.

So, when is it time to ask for help?

The truth is, you don't need to wait until everything's falling apart. Here are a few signs that it might be time to talk to someone:

- You've been feeling low, flat, anxious, or angry for a while and it's not shifting
- You're using drink, drugs, food, or other habits to cope
- You're pulling away from mates or family
- You're struggling to cope with daily life – even getting out of bed feels like a mission
- You're thinking things like *"what's the point?"* or *"everyone would be better off without me"*
- You're feeling lost, overwhelmed, or stuck in your own head

And even if none of those feel spot-on, but something just feels off, you still have every right to ask for support. You don't need a diagnosis or a rock-bottom moment to deserve help.

What does reaching out really look like?



It doesn't mean pouring your heart out if that's not your style. It could be:

- Texting a mate saying *"I'm not doing great lately - fancy a brew?"*
- Calling your GP and asking for a mental health appointment
- Coming to a support group like this one and just listening
- Talking to someone in your workplace, a counsellor, or a mental health helpline
- Even just saying the words *"I'm struggling"* out loud to someone you trust it doesn't have to be perfect.

You don't need all the words. You just need to start.

Breaking the stigma

One conversation at a time



The more of us who speak up, the more we give other men permission to do the same. Every time you open up, you chip away at that old-school idea that men don't talk. Every honest chat is a message to another man that it's okay not to be okay.

Let's be the generation that changes the story.

You're Not Alone

It's okay to ask for help. It's okay to not have it all together. It's okay to lean on someone.

You're not less of a man for struggling. You're more of one for choosing to face it head on.

Final Thought

Reaching out isn't the end of your story - it's the start of a new one. And you deserve to write it with your head held high.

Coping

Spotting the Signs – In Yourself or a Mate And Simple Ways to Cope When Things Get Tough

We're not always great at asking for help, are we? A lot of us have been taught to just crack on, keep it to ourselves, and hope things sort themselves out. But the truth is, the earlier we spot the signs – in ourselves or in a mate – the better chance we've got of dealing with it before it gets too heavy.

What to look for

IN YOURSELF

- **Feeling low**, numb, or on edge for days or weeks
- **Getting angry** or irritable more than usual
- **Sleeping** too much – or not at all
- **Drinking** more or using other things to 'numb out'
- **Losing interest** in stuff you used to enjoy
- **Struggling** to concentrate, or forgetting things
- **Thinking** "what's the point?" more often

IN A MATE

- **Going quiet** or dropping off the radar
- **Making jokes** that feel a bit too dark or self-critical
- **Cancelling plans** or saying "I'm just tired" a lot
- **Seeming distracted**, spaced out, or jumpy
- **Big changes** in mood, drinking, or behaviour
- **Not looking after themselves** like they normally would

The key here is **change** – if something just doesn't feel right, *don't ignore it*.

Ask. Check in.

It might feel awkward, but it could be exactly what they need.



Simple Coping Tools That Actually Help

You don't need to be a therapist to take care of your mental health – sometimes it's the small, simple things that help us feel more grounded and in control. Here are a few you can try (or share with someone else):

1) Breathing Exercise (Box Breathing)

This one's easy and proven to calm the nervous system:

- Breathe in for 4 seconds
- Hold it for 4 seconds
- Breathe out slowly for 4 seconds.
- Hold again for 4 seconds
- Repeat for a few minutes



Do it before bed, in the car, on a break – wherever you need to reset.

2) Grounding Technique (5-4-3-2-1)

Feeling anxious or overwhelmed? Try this:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

It brings you back to the present and out of your head.



3) Journaling (even just a few lines)

You don't have to be a writer. Just jotting down what's going on inside can help shift it. Try:

- What am I feeling right now?
- What's on my mind?
- What's one small thing I can do for myself today?

No one needs to read it – it's for you, and it can be a real release.

Final Word

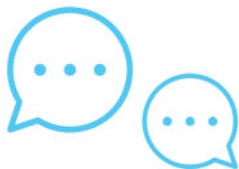
You don't need to have all the answers. Just paying attention – to yourself or a mate – is a powerful thing. And trying even one small coping tool can be the first step to feeling a bit more in control.

Check in. Slow down. Take a breath. You've got this – and we've got your back.

How to Open Up

Let's be honest – opening up isn't always easy. Many of us were raised to bottle things up, brush it off, or "man up." But the truth is, talking about how you feel is one of the strongest things you can do.

You don't need to have all the answers. You don't need the perfect words. You just need to be honest.



Conversation Starters

Sometimes the hardest bit is just getting going. Here are a few ways to open the door:

- *"I've been having a bit of a rough time lately... can I talk to you about it?"*
- *"I'm not sure how to say this, but I've been feeling low and needed to tell someone."*
- *"Do you ever feel overwhelmed? I've been feeling that way and not sure what to do."*
- *"Can I run something by you? I'm struggling a bit and just need someone to listen."*

Don't worry about sounding 'right' – just speak like you would to a mate.

Talk About Feelings

You don't need to dive in all at once. Try describing:

- How you've been feeling: sad, angry, numb, stressed, empty, anxious?
- What's been going on: work stress, relationship issues, money worries?
- What's been hard lately: sleep, motivation, loneliness, thoughts racing?

You can say something like:

"I've not been myself lately – I'm tired, snappy, and feel like I'm just getting through the day."

"I can't switch off at night. My mind's going a hundred miles an hour."

If You're Opening Up to a Mate

Not sure how they'll react? That's normal. Most people care more than you think. You don't have to lay it all out – just take a small step. If they're a good mate, they'll listen. If they don't get it right, that's OK. Try someone else. Keep going.

Final Thought

Talking doesn't mean you're broken. It means you're brave enough to be real. You never have to go through anything alone. You are not weak for speaking up, you are human and you're allowed to talk about it.

Looking Out For Your Mates

We all go through tough times - and sometimes the people around us need a bit of support but don't know how to ask for it.

You don't need to be a therapist. Just being there can make a huge difference. A simple check-in might be exactly what someone needs.

SPOTTING THE SIGNS

You might notice a mate:

- **Going quiet or withdrawing**
- **Snapping more than usual**
- **Drinking more, eating less**
- **Canceling plans**
- **Looking tired or flat**
- **Just not being themselves**

If something feels off, trust your gut.

HOW TO CHECK IN

You don't need to overthink it. Keep it simple and honest. Try saying:

"You've seemed a bit off lately - how's things?"

"Just wanted to check in - how you doing, really?"

"You've been on my mind. Everything alright?"

"Fancy a catch-up? I'm here if you ever want to talk."

You don't have to fix anything. Just listen.

Listening Without Judging

When a mate opens up:

- **Let them speak without interrupting**
- **Don't rush to give advice - just be there**
- **Avoid things like "You'll be fine" or "Others have it worse"**
- **Try saying "That sounds tough," or "Thanks for telling me"**
- **Sometimes the best response is just being present**

Keep Showing Up

- **Drop them a message again in a few days**
- **Invite them for a brew, a walk, or something low-pressure**
- **Remind them they're not alone**

And if you're really worried - encourage them to speak to a doctor, a mental health service, or get in touch with groups like ours.

Final Thought

Checking in can feel awkward - but it might just save someone's life.

You don't have to say the perfect thing - just say something.

Be the mate you'd want if it were you struggling.

You're never alone - and neither are they.



Healthy Relationships

Boundaries, Respect & Communication

Friendships, partners, family – the good ones **help you grow**, not shrink. Whether it's your partner, your mates, family, or anyone close to you – a healthy relationship should feel safe, balanced and supportive. That doesn't mean perfect. It means respectful.

Learning how to build strong, healthy connections is one of the best things you can do for your mental health.

What a Healthy Relationship Looks Like

Respect – you value each other's feelings, space and opinions Support – you're there for each other without pressure

Trust – you don't need to constantly prove yourself

Communication – you can talk openly, even about hard stuff

Boundaries – both people feel comfortable saying "no" or "I need time"

No one should feel walked over or controlled. That's not love – it's control.

Boundaries: What They Are (and Why They Matter)

Boundaries are about protecting your mental, emotional and physical wellbeing. They're not selfish – they're necessary.

"I need some space when I'm overwhelmed", "Please don't raise your voice at me", "I'm not comfortable being spoken to like that", "I need time for my mates or hobbies too"...

A healthy relationship respects your boundaries – not just when it's easy.

Communication Tips

Be honest about how you feel – not just what you think the other person wants to hear.

- Use "I" statements – eg. *"I feel..."* instead of *"You always..."*
- Listen fully – don't just wait for your turn to talk
- Take time to cool off before tackling big arguments
- Don't be afraid to ask: *"Are we okay?"* or *"Can we talk about that?"*

Good communication doesn't mean avoiding conflict – it means dealing with it in a fair and respectful way. You deserve relationships that make you feel safe, heard, and respected. It's not about being perfect – it's about being real, and treating each other with kindness. Healthy relationships lift you up – not tear you down. And they start with how you treat yourself.

Practical Tools

Daily / Weekly Mood Tracker

Keeping track of your mood can help you spot patterns, triggers, and changes over time. It doesn't need to be complicated – just a quick check-in each day can make a big difference.

How to Use:

- Take a minute each day to circle or shade how you feel
- Use the notes section to jot down what might have affected your mood (sleep, stress, exercise, people, work, etc.)
- At the end of the week, look back – do you notice any patterns?

Daily Mood Tracker

Mark 1–5 or use emojis



Great



Good



Okay



Low



Very Low

DAY	MOOD	NOTES (what helped/made it harder)
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Weekly Reflection

Best part of my week: _____

Toughest part of my week: _____

One small thing I can try next week: _____

Tip: Don't judge your moods – they're signals, not failures. The goal is to notice and understand, not beat yourself up.

Breathwork

A powerful tool for stress and mental health

What is Breathwork?

Breathwork refers to conscious breathing techniques designed to regulate your nervous system, reduce stress, and improve emotional balance. While breathing is automatic, learning to take control of it can be a powerful tool for mental health and overall resilience.

Why Breathwork Matters for Men

Many men are under constant pressure to “*stay strong*,” “*tough it out*,” or “*deal with it alone*.” These expectations can build silent stress and emotional tension over time. Breathwork offers a grounded, practical way to release that stress — no talking required, no stigma attached.

Practicing breathwork can:

- Reduce symptoms of anxiety and stress
- Improve focus and sleep quality
- Support emotional regulation
- Lower blood pressure and heart rate
- Strengthen connection between body and mind

Simple Breathwork Techniques to Try

These exercises take only a few minutes and can be done almost anywhere — at home, work, in the car, or before bed. You may want to consider using a breath pacing app or video with a visual guide to help at first

Box Breathing (4-4-4-4)

Used by athletes and the military to stay calm under pressure.

Inhale for 4 seconds – Hold for 4 seconds – Exhale for 4 seconds – Hold for 4 seconds.

Repeat for 2–5 minutes.

4-7-8 Breathing

Great for calming down and winding down at night.

Inhale through your nose for 4 seconds – Hold your breath for 7 seconds – Exhale slowly through your mouth for 8 seconds.

Repeat 4 cycles.

Tips for Getting Started

Make it routine – 5 minutes in the morning or evening can make a difference.

Use reminders – Set an alarm or use a sticky note to cue a breath break.

Pair it with something you already do – before workouts, in the shower, during lunch.

Journaling – A Simple Tool That Works

Journaling might sound a bit old-fashioned, but it's one of the simplest, cheapest, and **most effective tools** you can use to look after your wellbeing. At its core, journaling is just writing things down – your thoughts, feelings, ideas, or even just what you did that day. It doesn't have to be neat, clever, or perfect. It's about getting what's in your head onto paper so you can make sense of it.

Why Journaling Helps

Clears your head – Writing things down gives your brain a break. Instead of spinning over and over in your mind, worries and ideas have a place to land.

Spots patterns – Looking back over what you've written helps you notice things you might not catch day-to-day. Maybe you're more stressed after certain situations, or maybe you sleep better after certain routines.

Reduces stress – Getting stuff out on paper is like letting the pressure valve off a bottle. Even if you don't solve the problem straight away, you'll often feel lighter.

Tracks progress – Sometimes it's hard to see how far you've come. Reading old entries reminds you of battles you've already faced and won.

How to Start

- Keep it simple – Grab a notebook or even just a few sheets of paper. Don't worry about fancy journals or apps unless you want to
- Set a time – A lot of people like writing at the end of the day, but you can do it in the morning, during lunch, or whenever suits you
- Write freely – Don't overthink spelling, grammar, or how it looks. Just write as if you're talking to a mate
- Use prompts – If you're stuck, try simple starters like:

Today I felt...

One thing that went well was...

One thing I'm struggling with is....

Something I'm grateful for today is...

Tips to Keep It Going

- Be honest – You're writing for you, not anyone else
- Don't pressure yourself – Some days you'll write loads, other days only a line. Both are fine
- Mix it up – Doodle, write lists, stick in photos, or jot down quotes. There are no rules
- Look back now and then – Reflection is where the real power of journaling comes in



Final Thought

Think of journaling as a mate who listens without judging, interrupting, or giving you advice you don't want. It's a space that's just yours, where you can offload, reflect, and track the journey you're on. You don't need to write a book – you just need to start.

Handling Stress

Let's be real — stress is part of life. We all deal with pressure: work, money, family, health, the lot. But when it builds up and we don't deal with it, it can take over — leaving us tired, snappy, or completely drained.

You can't always control what happens, but you can control how you respond. Learning to manage stress isn't about pretending everything's fine — it's about finding small ways to steady yourself when life feels too much.

Spotting the Signs of Stress

Stress doesn't always shout — sometimes it creeps up quietly. Here are a few signs it might be catching up with you:

In Your Body:

- Headaches, tight shoulders, racing heart
- Tired but can't switch off
- Upset stomach, changes in appetite
- Trouble sleeping or waking up wired

In Your Mind:

- Snappy or easily wound up
- Constantly worrying or overthinking
- Feeling flat, numb, or overwhelmed
- Forgetful or struggling to focus

If this sounds familiar, you're not weak — you're just human, and your body's telling you it needs a breather.

Simple Ways to Manage Stress

You don't need a big life overhaul — just a few steadying habits that help you breathe again.

Take five minutes out — step outside, stretch, or just slow your breathing down.

- Move your body — even a walk or quick workout helps burn off stress hormones
- Talk it out — keeping things bottled up only adds pressure
- Get it out on paper — journaling or jotting thoughts down can clear your head
- Focus on what you can control — you can't fix everything, but you can take small steps
- Rest properly — tired minds make stress worse. Make time to reset

Calming Techniques That Actually Help

- Box Breathing — breathe in 4, hold 4, out 4, hold 4
- Grounding — name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste
- Progressive muscle relaxation — tense and relax one muscle group at a time
- Disconnect — put your phone down for a bit and just be

Final Thought

You can't pour from an empty cup — stress drains you dry if you don't refill it. Give yourself time, space, and kindness. You're allowed to stop, breathe, and take stock. You don't need to do it all — just do what you can, one step at a time. Less pressure. More presence. You've got this.



Fuel Your Body, Fuel Your Mind

Because what you eat really matters

Good food isn't just about looking a certain way — it's about feeling good, having energy, and giving your brain what it needs to cope with life. Eating well helps your mood, focus, sleep, and even how you deal with stress.

You don't need a perfect diet or fancy supplements. Small, simple changes make a big difference over time.

Why Nutrition Matters

Eating well can help you:

- Keep your energy steady throughout the day
- Protect your heart, brain, and body for the long term
- Improve mood and mental clarity
- Support better sleep
- Keep your immune system strong

Think of food as fuel — what you put in is what you get out.



Simple Tips for a Healthier Diet

- **Eat a Variety** – Aim for different colours on your plate: fruits, vegetables, whole grains, proteins
- **Don't Skip Meals** – Skipping meals can leave you tired and cranky
- **Watch Sugar and Processed Food** – Treat yourself occasionally, but balance it with wholesome foods
- **Stay Hydrated** – Water keeps your brain and body working properly
- **Mind Your Portions** – Stop when you're comfortably full
- **Plan Ahead** – Prep simple meals or snacks to avoid unhealthy choices

Easy Wins to Start With

- Add a piece of fruit to breakfast
- Swap fizzy drinks for water or unsweetened tea
- Include vegetables with every meal
- Snack on nuts, seeds, or yogurt instead of crisps or chocolate

Final Word

Eating well is an act of self-respect. It doesn't have to be perfect — it just has to be consistent. Fuel yourself properly, and your body and mind will thank you.

Your health is your wealth. Look after it, mate.

Move for Your Mind

Why Exercise Isn't Just About Muscles

We all know exercise is "good for us", but this isn't about six-packs or running marathons. It's about looking after your head as much as your body. Moving your body – even just a little – can change your whole mood.

You don't have to live at the gym to feel the benefits. A walk, a stretch, a bit of fresh air – that's all movement. What matters is finding something that works for you.

How Movement Helps Your Mind

Exercise helps your body release "feel-good" chemicals called endorphins. They lift your mood, reduce stress, and help you sleep better. It also burns off some of that nervous energy that builds up when life gets heavy.

Even a short burst of movement can:

- Ease tension and anxiety
- Improve focus and concentration
- Boost confidence and motivation
- Help you feel more in control

It's like giving your mind a reset button.

Final Thought

Movement isn't punishment. It's medicine. It's one of the simplest, cheapest, and most powerful ways to lift your mood and look after yourself.

So go at your own pace, but keep moving – one step, one stretch, one small win at a time.

Simple Ways to Get Moving

You don't have to overcomplicate it – start small and build from there:

- Take a brisk 10-minute walk after work or on your lunch break
- Stick your headphones in and move around the block
- Do a few push-ups or squats while the kettle boils
- Try something new – boxing, cycling, swimming, or a kickabout
- Join a mate for a walk, gym session, or group activity (you're more likely to stick with it)

The goal isn't perfection – it's consistency. Move a little, often.

When You Don't Feel Like It

There'll be days when you can't be bothered – and that's okay. On those days:

- Tell yourself "*just five minutes*" – once you start, you might keep going
- Focus on how you'll feel after moving, not before
- Remind yourself it's not about fitness; it's about feeling better

You don't have to do a full workout – stretching, walking, or even cleaning the house counts. Anything that gets your body moving helps your mind heal.



Rest to Reset



Why Sleep Is More Important Than You Think

We all know we should get more sleep — but when life's busy or your head's full, it's often the first thing to slip. Sleep isn't just "switching off" — it's how your body and mind repair, recharge, and reset. Poor sleep can make everything harder — your mood, focus, energy, even how you handle stress. Good sleep, on the other hand, gives you a clearer head and a better shot at coping with whatever life throws your way.

WHY SLEEP MATTERS

When you sleep well:

- **Your body heals and recharges**
- **Your mind processes emotions and memories**
- **Your mood, patience, and focus improve**
- **You're more resilient to stress**
- **You feel more like yourself**

Think of sleep as mental maintenance — the bit that keeps your engine running smoothly.

COMMON SLEEP STRUGGLES

Sound familiar?

- ***Can't switch off because your mind's racing***
- ***Waking up at 3am and can't get back to sleep***
- ***Too much caffeine, screen time, or worry before bed***
- ***Working shifts or long hours***
- ***Feeling tired but wired***

You're not lazy — you're running on empty.

Simple Tips for Better Sleep

You don't need to overhaul your life — small tweaks can make a big difference.

- **Keep a regular sleep time** — go to bed and wake up around the same time every day (yes, even weekends).
- **Cut the caffeine** — try to avoid tea, coffee, and energy drinks after mid-afternoon.
- **Unplug before bed** — screensmess with your body clock.
- **Try to switch off** 30–60 minutes before sleep.
- **Create a wind-down routine** — a shower, some calm music, or jotting thoughts down can help your mind slow down.
- **Keep your space cool and dark** — your bedroom should feel like a calm cave, not a bright office.
- **Don't fight sleeplessness** — if you can't sleep, get up, stretch, or read something light, then try again.

Final Thought

You can't pour from an empty cup — and sleep is how you refill it. Rest isn't being lazy. It's recovery. It's strength. Even an extra hour or two a night can make a massive difference to how you feel, think, and cope. Give yourself permission to rest. You've earned it.

Helpful Support Lines

Sometimes you just need a voice at the other end of the line. No judgement. No pressure. Just support.

You don't have to wait until things feel unbearable to reach out. If you're struggling worried about a mate, or just need to talk, these services are here for you.



**If you or someone else need URGENT help
call 999**

**“You're not alone. And you don't have
to do this on your own”.**

Mental Health Support

NHS 111 – Call **111** and select **Option 2**

Samaritans (24/7) – Call **116 123**

SHOUT (24/7 text) – Text SHOUT to **85258**

Mind Support Line – Call **0300 102 1234**

Mind InfoLine – Call **0300 123 3393**

SANeline – Call **0300 304 7000**

Papyrus HOPELINEUK – Call **0800 068 4141**

Anxiety UK – Call **03444 775 774**

Rethink – Call **0300 5000 927**

Support for Men

CALM – Call **0800 58 58 58**

Support for Under 25's

YoungMinds – Call **0808 802 5544**

The Mix – Call **0808 808 4994**

Final Thought

Reaching out isn't weakness. It's one of the bravest things you can do. You're not alone.



**MEN'S SOCIAL SUPPORT GROUP
MEETING WEEKLY IN CANNOCK**



Scan to visit our website!

SPONSORED BY

