

Real people.
Stronger
together.



NO CURE
NO PROMISES
**LISTEN,
CARE,
BE THERE**

MENTAL HEALTH TOOLKIT

A COMMUNITY
OF HOPE



UNDERSTANDING WHAT YOU MIGHT BE FEELING
AND THINGS THAT MAY **HELP**



REAL TALK



NO JUDGEMENT



MATE TO MATE



BREW, BISCUIT
& A LISTENER



**YOU ARE
NOT ALONE**



RECOGNISE
THE SIGNS



PRACTICAL
TIPS & IDEAS



SUPPORT
& RESOURCES



HOPE FOR
A BETTER
TOMORROW



YOU DON'T HAVE TO FACE IT ALONE





HOW TO USE THIS TOOLKIT

This toolkit has been created by **Stand By Me** for anyone who wants to understand more about their mental health and find practical ways to cope. *You are not alone. You don't have to face it alone.*

WHAT IS THIS TOOLKIT?

This toolkit is a collection of **15** information cards designed to help you recognise what you might be feeling, why it happens, and things that may help.

It also includes a guide on what to say and do if a mate isn't OK, plus details of where you can find extra support if you need it.

WHO IS IT FOR?

This toolkit is for men (and anyone who supports men) who want straightforward information and practical ideas about mental health.



For you



For a mate



For your family



For your community



OUR PROMISE

- ✓ No judgement
- ✓ No pressure
- ✓ Real talk
- ✓ Mate to mate
- ✓ Brew, biscuit & a listener

*No cure. No promises.
Listen, care, be there.*



IMPORTANT TO KNOW

- This toolkit is not a replacement for professional advice or treatment.
- It does not diagnose conditions.
- Everyone's experience is different.
- If you are in immediate danger, please turn to the support services on the back page right away.

HOW TO GET THE MOST FROM THIS TOOLKIT



1. RECOGNISE THE SIGNS

Use the cards to help you understand what you might be feeling and why.



2. EXPLORE IDEAS

Each card has practical tips and techniques that may help.



3. TRY WHAT WORKS FOR YOU

Try small steps. Do what feels right for you. What works for one person might not work for another.



4. TALK ABOUT IT

Opening up can be hard, but talking to a mate, family member or someone you trust can make a huge difference.



5. KEEP REACHING OUT

It takes real strength to ask for help. Keep reaching out – you don't have to do this on your own.



6. LOOK AFTER YOURSELF

Look after your body, mind and spirit. The little things add up. You matter.

“Asking for help is a sign of strength, not weakness.”



A MESSAGE FROM STAND BY ME

We started Stand By Me because we believe no one should struggle in silence. We're here to listen, support and walk alongside you. You are part of a community that cares.

Real people. Stronger together. 



YOU DON'T HAVE TO FACE IT ALONE



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MENTAL HEALTH TOOLKIT



Practical information. **Real** support.
All in one place.

This toolkit is here to help you understand what you might be feeling, find practical ways to cope and know where to get support if you need it.

You don't have to face it alone.

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REAL PEOPLE.
**STRONGER
TOGETHER.**



- ✓ REAL TALK
- ✓ NO JUDGEMENT
- ✓ MATE TO MATE
- ✓ BREW, BISCUIT & A LISTENER

NO CURE.
NO PROMISES.
**LISTEN,
CARE,
BE THERE.**



IF YOU ARE IN IMMEDIATE DANGER,
turn to the Help & Support page (page 19) right away.

**YOU DON'T HAVE TO
FACE IT ALONE**





ANXIETY



**REAL
PEOPLE.
STRONGER
TOGETHER.**

*When your mind and body are
stuck on high alert.*

WHAT YOU MIGHT NOTICE



Worrying that's difficult to switch off



Overthinking conversations or situations



Feeling restless, tense or on edge



Racing or pounding heart



Sweating, shaking or feeling breathless



Trouble sleeping



Difficulty concentrating



Feeling sick or having a 'knotted' stomach



Avoiding people, places or situations



Feeling that something bad is going to happen

THINGS TO TRY



Slow your breathing: breathe gently in and make your out-breath a little longer.



Ground yourself: name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste.



Shrink the problem: forget the whole mountain. What's the next small thing you can do?



Move your body: a walk, stretching or simply changing your surroundings can help.



Write it down: getting worries out of your head and onto paper can make them easier to untangle.



Talk: tell somebody you trust, even if all you can say is, "I'm struggling a bit today."

REMEMBER



Anxiety can make a possibility feel like a certainty.

Feeling that something bad will happen doesn't mean it will.

WHEN TO GET MORE HELP



If anxiety keeps returning, is affecting everyday life, or you're changing your life to avoid it, speak to your GP or another qualified mental-health professional.



A NOTE ON PHYSICAL SYMPTOMS

Anxiety can cause physical symptoms, but new or unexplained physical symptoms shouldn't automatically be assumed to be anxiety. Always get medical advice if you're unsure or concerned.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





DEPRESSION

*It's more than just feeling sad.
Depression can make everyday life feel much harder.*

WHAT YOU MIGHT NOTICE

-  Feeling low, empty or numb most of the time
-  No energy or feeling constantly tired
-  Sleeping too much or struggling to sleep
-  Changes in appetite or weight
-  Loss of interest in things that used to bring you joy
-  Difficulty concentrating or making decisions
-  Feeling worthless, guilty or like a burden
-  Withdrawing from family, friends or social activities
-  Feeling hopeless or that things won't get better

REMEMBER



Depression can make everything feel heavier, but your feelings are real and valid.

You are not weak, and you are not alone.

THINGS TO TRY

-  **Take small steps:** focus on one small thing at a time. Progress, not perfection.
-  **Get outside:** fresh air and daylight can help, even a short walk.
-  **Talk about it:** you don't have to keep it to yourself. A trusted friend, family member or support group can make a difference.
-  **Keep a routine:** structure, even a simple routine, can help you feel more in control.
-  **Look after the basics:** try to eat regularly, stay hydrated and be kind to yourself.
-  **Do something you enjoy:** even if it doesn't feel the same, gentle activities can help lift your mood.

WHEN TO GET MORE HELP



If these feelings are lasting more than a couple of weeks, are getting worse, or are making it hard to cope with everyday life, speak to your GP or another qualified mental-health professional.



A NOTE ON SUICIDAL THOUGHTS

If you're having thoughts of suicide or feel unable to keep yourself safe, please seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.

Your life matters.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





STRESS & BURNOUT

When life feels like too much for too long.

REAL PEOPLE.
STRONGER TOGETHER.



WHAT YOU MIGHT NOTICE

-  Feeling constantly overwhelmed
-  Feeling on edge, irritable or easily frustrated
-  Persistent tiredness, even after rest
-  Trouble sleeping or racing thoughts
-  Difficulty concentrating
-  Loss of motivation or interest in things
-  Physical symptoms like headaches, muscle tension, stomach issues or a faster heartbeat
-  Withdrawing from people or feeling isolated
-  Feeling like you're just going through the motions
-  Feeling emotionally and mentally drained

THINGS TO TRY

-  **Take a break:** even a short pause can help you reset. Step away, breathe, and give your mind space.
-  **Breathe:** try the 4-7-8 method (breathe in for 4, hold for 7, breathe out for 8).
-  **Move:** a short walk, some gentle exercise or stretching can reduce tension and clear your mind.
-  **Prioritise:** focus on what really needs to be done. It's ok to let some things wait.
-  **Talk:** share how you're feeling with someone you trust. You don't have to handle it alone.
-  **Rest:** get as much good-quality sleep as you can. Your mind and body need it.
-  **Be kind to yourself:** you're doing your best. It's ok to slow down.

REMEMBER



Stress is a response.
Burnout is what happens
when the pressure goes
on for too long.

You're not lazy. You're human.

WHEN TO GET MORE HELP



If stress or burnout is affecting your work, relationships or everyday life, or if you're finding it hard to cope, speak to your GP or another qualified professional.



A NOTE ON SERIOUS SYMPTOMS

If you're experiencing chest pain, severe symptoms or are worried about your physical health, seek medical advice promptly.

It's ok
to ask
for help.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





GRIEF & LOSS

A natural response to a life-changing loss.

REAL PEOPLE. STRONGER TOGETHER.

They may be gone, but they are never forgotten.



WHAT YOU MIGHT NOTICE



Intense sadness, which can come in waves



Feeling numb or emotionally overwhelmed



Constant thoughts about the person or what you've lost



Changes in sleep (difficulty sleeping or sleeping more)



Changes in appetite or weight



Feeling angry, guilty or confused



Withdrawing from friends, family or usual activities



Difficulty concentrating



Feeling a lack of purpose or that life feels different



Physical symptoms like headaches, tension or fatigue

THINGS TO TRY



Take it one day at a time: there's no right or wrong way to grieve.



Talk about it: share your feelings with someone you trust. It can help more than you might expect.



Be kind to yourself: allow yourself time and space to feel what you need to feel.



Keep a memory: a photo, a letter or a special place can help you feel close.



Look after your wellbeing: try to eat, stay hydrated and get some fresh air.



Lean on others: friends, family or a support group can help you feel less alone.



Find small things that help: whether it's a hobby, nature, music or simply a quiet moment.

REMEMBER



Grief is the price we pay for love. It shows how much that person meant to you.
Your feelings are valid, and it's ok to not be ok.

WHEN TO GET MORE HELP



If your grief feels unmanageable, isn't improving over time, or is affecting your everyday life, speak to your GP or another qualified mental-health professional.



A NOTE ON GRIEF

Grief can affect everyone differently and there's no set timeframe. If you're struggling, please seek support from your GP or a bereavement service.

No one grieves alone.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





PANIC ATTACKS

*Intense fear. Real feelings.
You are safe. It will pass.*

**REAL
PEOPLE.
STRONGER
TOGETHER.**

*A panic
attack feels
powerful,
but it is
temporary.*

WHAT YOU MIGHT NOTICE

-  Sudden, intense fear or feeling of impending doom
-  Rapid breathing, shortness of breath or feeling like you can't get enough air
-  Fast, pounding or racing heartbeat
-  Sweating, shaking or trembling
-  Feeling dizzy, lightheaded or faint
-  Nausea, stomach discomfort or 'butterflies'
-  Feeling hot, flushed or chilled
-  Tingling or numbness (in hands, feet or face)
-  Feeling detached from reality (like things aren't real)
-  Fear of losing control, going crazy or dying

REMEMBER



A panic attack is your body's false alarm. It feels real, but it is not life-threatening.

You are safe, and it will pass.

THINGS TO TRY

-  **Breathe slowly:** try the 4-7-8 method (breathe in for 4, hold for 7, breathe out for 8).
-  **Ground yourself:** look around and name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.
-  **Stay where you are:** panic attacks usually peak within 5–10 minutes and then start to ease.
-  **Use a calming phrase:** a simple phrase like "This will pass" can help you stay focused.
-  **Relax your body:** try to release tension in your shoulders, jaw and hands.
-  **Talk to someone:** let a trusted friend, family member or support group know how you feel.
-  **Be kind to yourself:** panic attacks are frightening, but they are not dangerous, and you will get through it.

WHEN TO GET MORE HELP



If panic attacks are happening often, are affecting your daily life, or if you're avoiding places or situations because of them, speak to your GP or another qualified mental-health professional.



A NOTE ON EMERGENCY HELP

If you have chest pain, severe breathing difficulties, or are unsure if it's a panic attack or a medical emergency, seek urgent medical help. Call 999 if you feel you're in danger.

*Calmer
days are
possible.*

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





LONELINESS & ISOLATION

You are not alone,
even when it feels like it.

REAL
PEOPLE.
STRONGER
TOGETHER.

A
conversation
can change
a day.



WHAT YOU MIGHT NOTICE

-  Feeling alone, even when around other people
-  Lacking social contact or feeling disconnected
-  Spending a lot of time on your own
-  Feeling like no one understands you
-  Finding it hard to reach out or talk to others
-  Low mood, low energy or lack of motivation
-  Feeling unwanted or like you don't belong
-  Relying on screens or online contact instead of face-to-face
-  Avoiding social situations or feeling anxious in groups
-  Feeling invisible or that you don't matter

REMEMBER



Loneliness can make everything feel harder, but it doesn't mean you are unwanted. **You matter, and there are people who care, even if it's hard to see.**

THINGS TO TRY

-  **Start small:** a simple "hello" or short chat can make a big difference.
-  **Get out:** even a short walk, a local event or a coffee shop can help you feel more connected.
-  **Rebuild connections:** reach out to an old friend, family member or community group.
-  **Be open:** let someone know how you're feeling. Most people care and will listen.
-  **Set small goals:** try one social activity, even if it feels out of your comfort zone.
-  **Look after yourself:** regular routines, good food and gentle exercise can boost your mood.
-  **Find your interests:** hobbies or volunteering can help you meet like-minded people.
-  **Remember:** you are valued, you belong, and you are not alone.

WHEN TO GET MORE HELP



If feelings of loneliness are lasting, are affecting your mental health, or are leading to thoughts of self-harm, speak to your GP or another qualified mental-health professional.



A NOTE ON SUICIDAL THOUGHTS

If you're having thoughts of suicide or feel unable to keep yourself safe, please seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.

You are
never
truly alone.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





LOW SELF-ESTEEM

You are more than your thoughts. You matter.

REAL PEOPLE. STRONGER TOGETHER.

Be kinder to yourself. You're doing better than you think.

WHAT YOU MIGHT NOTICE

- Constant self-criticism or negative self-talk
- Feeling like you're not good enough
- Focusing on your mistakes rather than your successes
- Comparing yourself to others
- Difficulty accepting compliments
- Feeling like you don't measure up
- Lack of confidence in new situations
- Overthinking what others think of you
- Avoiding things due to fear of failure or judgement
- Feeling unworthy, inadequate or like a burden

REMEMBER



Your self-worth is not defined by your past, your mistakes or what others think. **You are enough, just as you are.**

THINGS TO TRY

- Challenge negative thoughts:** ask yourself if you'd say the same to a friend.
- Focus on your strengths:** make a list of things you're good at, big or small.
- Set realistic goals:** small steps build confidence over time.
- Be kind to yourself:** treat yourself with the same kindness you'd show a friend.
- Surround yourself with good people:** positive, supportive people can lift you up.
- Celebrate progress:** acknowledge your efforts, not just the outcome.
- Try something new:** stepping out of your comfort zone can build confidence.
- Look after your wellbeing:** good sleep, healthy food and exercise can improve how you feel.

WHEN TO GET MORE HELP



If low self-esteem is affecting your daily life, relationships, work or is leading to anxiety, depression or thoughts of self-harm, speak to your GP or a qualified mental-health professional.



A NOTE ON SERIOUS FEELINGS

If you're experiencing persistent low self-esteem along with hopelessness, thoughts of self-harm or suicide, seek urgent support. You are not alone.

Small steps still move you forward.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





ANGER & IRRITABILITY

*It's a feeling, not a flaw.
You can manage it.*

**REAL
PEOPLE.
STRONGER
TOGETHER.**

*A
calmer
you,
a brighter
tomorrow.*

WHAT YOU MIGHT NOTICE

-  Feeling easily frustrated or annoyed
-  Small things setting you off
-  Feeling like you lose your temper quickly
-  Irritability or a short fuse
-  Tension in your body (clenched jaw, tight muscles)
-  Racing heart or feeling physically agitated
-  Finding it hard to calm down after an outburst
-  Strained relationships with family, friends or colleagues
-  Feeling guilty or regretful afterwards
-  Difficulty sleeping due to racing thoughts

REMEMBER



Anger is a normal emotion, but it doesn't define you. You are not a bad person for feeling angry.
It's ok to feel it, and it's ok to ask for help.

THINGS TO TRY

-  **Pause and breathe:** try the 4-7-8 method (breathe in for 4, hold for 7, breathe out for 8).
-  **Release the energy:** exercise, a walk or physical activity can help reduce built-up tension.
-  **Identify triggers:** notice what sets you off and look for patterns.
-  **Change your response:** take a step back, count to 10 or remove yourself from the situation.
-  **Talk it out:** share how you feel with someone you trust.
-  **Use healthy outlets:** listen to music, creative activities or time in nature can help you reset.
-  **Build a support network:** friends, family or a support group can provide perspective.
-  **Be kind to yourself:** anger is a natural emotion, but it's how you manage it that makes the difference.

WHEN TO GET MORE HELP



If anger is frequent, intense, leading to aggression, affecting your relationships, work or daily life, seek support from your GP or a qualified mental-health professional.



A NOTE ON SAFETY

If you feel like you may harm yourself or someone else, seek urgent help. Contact your GP, NHS 111, or in an emergency call 999.

*A calmer
tomorrow
is possible.*

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





TRAUMA & PTSD

The past can still hurt.
You are not alone.

REAL
PEOPLE.
STRONGER
TOGETHER.

It's not
just what
happened,
it's how it
still feels.

WHAT YOU MIGHT NOTICE



Flashbacks or unwanted memories



Nightmares or disturbed sleep



Feeling on edge or always alert



Feeling numb or cut off from others



Strong feelings of fear, guilt or shame



Irritability or mood swings



Feeling exhausted, mentally and physically



Avoiding places, people or situations that trigger memories



Trouble concentrating or feeling "on guard"

THINGS TO TRY



Breathe and ground yourself:

try the 4-7-8 method, focus on your surroundings (5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste).



Take it slow: it's ok to go at your own pace. Small steps still move you forward.



Build a routine: structure can bring a sense of safety and control.



Talk about it: share with someone you trust, whether it's a friend, family member or support group.



Use calming tools: music, nature, art, journaling or breathing exercises can help you feel more in control.



Look after your body: gentle movement, good food and sleep support your mental health.



Seek professional support:

trauma-focused therapy or PTSD support services can make a real difference.

REMEMBER



Having a traumatic experience is not a sign of weakness. It's a sign you've lived through something incredibly hard.

**You are not broken.
You are a survivor.**

WHEN TO GET MORE HELP



If your symptoms are affecting your daily life, relationships, work or if you're feeling overwhelmed, reach out to your GP or a qualified mental-health professional.



A NOTE ON FLASHBACKS & TRIGGERS

If you're experiencing flashbacks, intense memories or panic, it's important to get support. Contact your GP, NHS 111, or in an emergency call 999.

Healing
takes time.
Be kind to
yourself.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





OCD

It's not just being tidy or organised.

It's exhausting. But help is out there.



**REAL PEOPLE.
STRONGER
TOGETHER.**

You're not alone, and you don't have to face it.

WHAT YOU MIGHT NOTICE



Obsessive thoughts that won't leave your mind (intrusive, unwanted thoughts)



Feeling the need to wash or clean excessively



Needing to do things in a certain way or order



Constantly checking things (doors, windows, appliances)



Counting, repeating words or actions in your head



Intense fear of germs, contamination or harm



Trouble making decisions or needing reassurance



Spending long periods on rituals or 'just right' behaviours



Feeling anxious, guilty or ashamed when you can't complete a ritual



These thoughts and behaviours take over your time and affect your daily life

THINGS TO TRY



Breathe and pause: use slow, deep breathing to calm your mind and body.



Talk about it: opening up to someone you trust can help reduce the power of OCD.



Challenge the thoughts: not every thought is true. Question it, don't believe it.



Delay the ritual: wait before doing a ritual. Start small and build up.



Focus on what matters: spend time on things that bring you purpose and peace.



Seek support: OCD is treatable. Professional help like CBT/ERP can make a huge difference.



Learn more: understanding OCD is the first step in taking back control.



Be kind to yourself: progress takes time. Small steps forward still count.



You are not alone: millions of people live with OCD and recover. You can too.

REMEMBER



OCD is not your fault. It's a mental health condition, not a weakness.

You are more than your OCD.

WHEN TO GET MORE HELP



If OCD is affecting your daily life, relationships, work or leading to anxiety, depression or thoughts of self-harm, speak to your GP or a qualified mental-health professional.



A NOTE ON SAFETY

If you're having thoughts of suicide or feel unable to keep yourself safe, seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.

It's OK to ask for help.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





SOCIAL ANXIETY

It's more than being shy.
It's real. But you can
take steps forward.



REAL
PEOPLE.
STRONGER
TOGETHER.

You're not
alone, and
you don't
have to
face it.

WHAT YOU MIGHT NOTICE

-  Feeling anxious in social situations or around new people
-  Worrying a lot about what others think of you
-  Avoiding social events, parties or group activities
-  Physical symptoms like sweating, shaking, rapid heartbeat or upset stomach
-  Finding it hard to speak up, make eye contact or start conversations
-  Overthinking before, during and after social situations
-  Feeling embarrassed or humiliated easily
-  Preferring to be alone or stick to people you know well
-  Expecting the worst or fearing judgement or rejection
-  Dreading plans or feeling relieved when you can cancel

REMEMBER



Social anxiety is not a sign of weakness. Many people feel the same way. You are brave for showing up. **You are not alone, and it does get better.**

A NOTE ON SAFETY

If you're having thoughts of suicide or feel unable to keep yourself safe, seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.

THINGS TO TRY

-  **Breathe and stay calm:** slow, deep breathing can help reduce anxiety in the moment.
-  **Start small:** set small goals, like saying hello or making a short conversation. Build up at your own pace.
-  **Challenge the worry:** ask yourself what's the worst that could happen? Then focus on what's most likely.
-  **Focus on your strengths:** remind yourself of your good qualities and past successes.
-  **Prepare ahead:** knowing what to expect can make situations feel less daunting.
-  **Stay in the moment:** focus on what you can see, hear and feel right now.
-  **Practice self-compassion:** be kind to yourself. It's ok to feel anxious.
-  **Talk to someone:** a trusted friend, family member or support group can make a big difference.
-  **Consider professional help:** therapies like CBT can be highly effective.
-  **Keep going:** facing fears takes time, but every step forward is progress.

WHEN TO GET MORE HELP



If social anxiety is affecting your daily life, relationships, work or leading to depression or thoughts of self-harm, speak to your GP or a qualified mental-health professional.

Small steps
can lead to
big changes.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





SUICIDAL THOUGHTS

Feeling unable to cope
is not a weakness.

It's a sign you're in pain. Help is here.



REAL
PEOPLE.
STRONGER
TOGETHER.

You matter.
You are
not alone.
There is
another way.

WHAT YOU MIGHT NOTICE



Thinking about death,
dying or suicide
more often



Feeling hopeless,
helpless or trapped



No energy, motivation
or interest in anything



Withdrawing from people,
feeling like a burden



Overwhelming sadness,
emptiness or despair



Feeling like there's
no reason to keep going



Using alcohol or drugs
to escape the pain



Changes in sleep
(too much or too little)



Unable to see any solution
or way out



Giving away possessions,
saying goodbye or
making plans

These feelings can pass.

Please reach out before it feels too late.

THINGS TO TRY



Talk to someone: even if it feels hard,
speak to a friend, family member or
someone you trust.



Contact a helpline: trained people are
available 24/7 to listen and support you
without judgement.



Stay in the moment: try breathing
exercises, mindfulness or grounding
techniques to help you cope.



Look after your body: eat, drink water,
get some rest and try gentle movement
like a short walk.



Write it down: writing your feelings can
help you release some of the pain.



Stay connected: don't isolate.
Being around others can help keep
you safe.



Make a safety plan: identify what
triggers are and what helps. Keep
important numbers nearby.



Remove means: stay safe by limiting
access to things that could cause harm.



Hold on: feelings change. Pain does
not last forever, even when it feels like it.



You are not alone: people care about
you and your life has value.
There is help and there is hope.

REMEMBER



It's OK to ask for help.

Reaching out is a sign of strength,
not weakness.

**You matter. Your story
isn't over.**

WHEN TO GET IMMEDIATE HELP



If you are thinking about suicide or
feel you might act on these thoughts,
seek immediate help.

You don't have to face this alone.



IMPORTANT: YOU ARE NOT ALONE

If you're having suicidal thoughts or feeling unable to cope,
please reach out to one of these services. They are here for you.

SAMARITANS
116 123
samaritans.org

SHOUT
Text
SHOUT
to 85258

PAPYRUS
0800 068 41 41
papyrus-uk.org

In an emergency, call 999 or go to A&E.

CALM
0800 58 58 58
thecalzone.net

NHS 111
Dial 111
Option 2

Help is available
24 hours a day,
7 days a week.

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





INTRUSIVE THOUGHTS

*They show up uninvited.
But they don't define you.*

*You are not your thoughts.
You are in control.*



**REAL
PEOPLE.
STRONGER
TOGETHER.**

*Thoughts
aren't
facts.
You have
the power to
choose what
you focus on.*

WHAT YOU MIGHT NOTICE



Unwanted, distressing or repetitive thoughts that pop into your head



Violent, harmful or disturbing thoughts that scare you



Doubting yourself or your decisions constantly



Mental images that are upsetting or hard to shake



Thoughts that keep coming back, no matter what you do



Feeling guilty, ashamed or anxious because of the thoughts



Avoiding places, people or situations to stop the thoughts



Feeling drained, on edge or mentally exhausted



Trouble sleeping because the thoughts won't switch off



Worrying that something is wrong with you

THINGS TO TRY



Name it to tame it: notice the thought and say, "That's just an intrusive thought. It's not dangerous, it will pass."



Breathe and ground: focus on your breath or the 5-4-3-2-1 method to bring your mind back to the present.



Don't engage: arguing with the thought gives it power. Notice it, then let it go.



Move your body: exercise can reduce anxiety and help clear your mind.



Write it out: jot the thought down. Getting it out of your head can help you let it go.



Talk about it: sharing with someone you trust can reduce shame and reassure you.



Focus on what matters: spend time on activities that bring you purpose, joy and calm.



Be kind to yourself: you are not weak, broken or alone. Intrusive thoughts are more common than you think.



Seek professional help: therapies like CBT can help you understand and manage intrusive thoughts.

REMEMBER



Intrusive thoughts are common. They are just thoughts, not actions.
**You are in control.
You are stronger
than you think.**

WHEN TO GET MORE HELP



If intrusive thoughts are causing you distress, affecting your daily life, relationships, work or leading to self-harm, speak to your GP or a qualified mental-health professional. Help is available and it works.
You don't have to face this alone.



A NOTE ON SAFETY

If you're having thoughts of suicide or feel unable to keep yourself safe, seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.



SAMARITANS
116 123
samaritans.org



SHOUT
Text
SHOUT
to 85258



PAPYRUS
0800 068 41 41
papyrus-uk.org
In an emergency, call 999 or go to A&E.



CALM
0800 58 58 58
thecalzone.net



NHS 111
Dial 111
Option 2

NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE





I DON'T KNOW WHAT'S WRONG

You just know you're not feeling right.

It's ok not to have the answers yet.
The first step is noticing it.

REAL PEOPLE.
STRONGER
TOGETHER.

You don't need a label to reach out.
You just need help.



WHAT YOU MIGHT NOTICE



A constant feeling of "meh" or feeling flat



Lacking energy or motivation for things



Feeling irritable, on edge or more easily annoyed



Trouble concentrating or making decisions



Changes in sleep (too much or too little)



Changes in appetite or eating habits



Feeling disconnected or numb



Things that used to matter don't anymore



A sense that something is off, but you can't describe it



Worrying that you're "faking it" or "should be fine"



Feeling stuck, like you're just getting through the days

You don't need to have it all figured out to ask for help.



REMEMBER



It's ok to not be ok.
It's ok not to have the answers.
It's ok to ask for help.
You are not alone, even if it feels like it right now.

THINGS TO TRY



Breathe: slow, deep breaths can help your body and mind reset.



Move a little: even a short walk can lift your mood.



Write it down: get your thoughts out, even if they don't make sense.



Talk to someone: you don't have to have answers. Just being heard helps.



Keep it simple: small steps, small goals. One thing at a time.



Get some fresh air and daylight: it can really help your mood.



Do something you enjoy: even if you don't feel like it.



Look after the basics: sleep, food, water and routines matter.



Be kind to yourself: you don't need to be perfect. You just need to be you.



Seek professional help: therapies like CBT can help you make sense of how you feel.

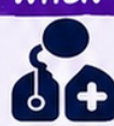


If it feels too much: reach out. You don't have to go through this alone.

You don't need to know what's wrong to know you deserve support.



WHEN TO GET MORE HELP



If these feelings are affecting your daily life, relationships, work or leading to thoughts of suicide, speak to your GP or a qualified mental-health professional. **You don't have to face this alone.**



A NOTE ON SAFETY

If you're having thoughts of suicide or feel unable to keep yourself safe, seek urgent help. Contact your GP, NHS 111, Samaritans (116 123), or in an emergency call 999.

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MY MATE ISN'T OK

*You don't have to fix it.
Just having you there can
make a huge difference.*

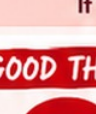
*A mate to mate guide to starting
the conversation and offering support.*



**REAL
PEOPLE.
STRONGER
TOGETHER.**

*You don't
have to be
a hero.
Just be
a mate.*

WHAT YOU MIGHT NOTICE

-  **Pulling away:** not wanting to spend time with people like they used to.
-  **Low energy:** always tired, unmotivated or lacking interest.
-  **Mood changes:** irritable, angry, down or "not being themselves".
-  **Using more:** drinking more, taking drugs or other risky behaviours.
-  **Sleep changes:** sleeping too much or struggling to sleep.
-  **Eating changes:** eating a lot more or a lot less.
-  **Not taking care:** stopping hygiene, bills, work or routines.
-  **Talking about hopelessness:** saying things like "what's the point?" or "I can't go on".
-  **Big life events:** break ups, money worries, job loss, bereavement.
-  **Missing plans:** cancelling at the last minute or not replying.

You know your mate better than anyone.
If something feels off, trust your gut.



GOOD THINGS TO SAY



- I'm here for you.
- You don't have to go through this alone.
- Talk to me, I'll listen.
- It's OK not to be OK.
- You matter, to me.

A NOTE ON SAFETY

If your mate is talking about suicide, or you believe they are at risk of harm, take it seriously. Encourage them to get help and don't leave them alone. In an emergency call 999.



NO JUDGEMENT • NO PRESSURE • YOU DON'T HAVE TO FACE IT ALONE

WHAT YOU CAN DO

-  **Reach out:** send a text, call or ask to meet up. A simple "Fancy a brew?" can open the door.
-  **Start the chat:** be direct, but keep it simple. "You haven't seemed yourself lately. You OK?"
-  **Listen:** let them talk without judgement or interruptions. Sometimes just being heard is enough.
-  **Show you care:** let them know you're there for them, no matter what.
-  **Suggest support:** encourage talking to someone they trust, a GP or a support service. Offer to go with them.
-  **Respect their choices:** they don't have to open up straight away. Keep checking in.
-  **Keep it confidential:** don't share what they say unless they're in danger.
-  **Know when to get help:** if you're worried they're in immediate danger, contact emergency services.
-  **Keep checking in:** mental health changes. Keep showing up.

You don't need the perfect words.
You just need to show up.



THINGS TO AVOID



- "Cheer up."
- "It's all in your head."
- "Others have it worse."
- Pushing them to talk before they're ready.
- Judging or telling them what to do.

*Your friendship
could be the
lifeline they need.*





YOU ARE NOT ALONE

Support is available,
day or night.

STAND BY ME

MENS GROUP



IN AN EMERGENCY

If you or someone else is in immediate danger, call **999** or go to your nearest A&E.

NEED TO TALK? WE'RE HERE FOR YOU



NHS MENTAL
HEALTH
CRISIS LINE

111

and select the
mental health option

Available 24
hours a day

SAMARITANS

SAMARITANS

116 123

Free, confidential
support 24/7

shout

SHOUT

**TEXT
SHOUT
TO 85258**

Free, confidential
text support 24/7

CALM

CAMPAIGN AGAINST
LIVING MISERABLY

CALM

**0800
58 58 58**

Support for anyone
struggling or in crisis



PAPYRUS
PREVENTION OF
YOUNG SUICIDE

PAPYRUS
HOPELINE247
(Under 35s)

**0800
068 4141**

TEXT 88247

STAND BY ME MENS GROUP

A place to talk, listen, connect
and be heard.

Website: standbymestaffs.co.uk

Email: standbyme.bts@gmail.com

Meeting details available via our
website or Facebook page.



SCAN ME

For more information
and local support



You don't have to carry everything on your own.

A burden shared doesn't become smaller,
but it becomes easier to carry when
someone walks beside you.

TOGETHER, WE STAND.





YOU ARE NOT ALONE.

Whatever you're carrying, you don't have to
carry it alone.

Sometimes one conversation can change everything.



Website: standbymestaffs.co.uk



Email: standbyme.bts@gmail.com



Facebook: [Stand By Me Mens Group](#)



REAL PEOPLE. REAL SUPPORT.
STRONGER TOGETHER.