MEN'S HEALTH

A guide to living well

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The information in this booklet is intended for signposting purposes only and should not be used as a substitute for professional clinical advice, diagnosis, or treatment. If you or someone else needs urgent mental health support, please call NHS 111 and select the mental health option. This service is available 24 hours a day, free to call, and completely confidential. Call 999 if there is a threat to life.

Introduction

Hi and welcome to this booklet on men's mental health.

It has been amazing to see the change in attitudes and acceptance that is growing around mental health in recent years. It is so important to look after and support each other, and to be able to get help when it is needed.

Despite this, more than 1 in 10 men in the UK have a mental health disorder. Men have the highest rates of substance use and are the highest risk group for suicide. They are also the least likely group to seek help with their mental health; we need to change this.

As a crisis consultant I have the privilege of supporting men who are struggling with their mental health. It is so positive to see things shifting and for more people to realise that asking for help shows strength not weakness.

I hope the information in this booklet helps you on your journey.
You can read more about how the NHS is working to improve men's health here:
www.bit.ly/mens-health-strategy

Mark McConnochie
Crisis consultant and clinical director for urgent care services,
Leicestershire Partnership NHS Trust

Check-in

Don't know where to start?

Not sure how you're feeling?

Or if how you are feeling is normal?

Start here.

Better Health - Every Mind Matters (NHS) have created a simple and easy to use Mind Plan.

By answering five short questions you get a personalised mental health action plan, providing practical tips to help you deal with stress and anxiety, boost your mood, sleep better and feel more in control.

www.nhs.uk/every-mind-matters

Better Health every mind matters

NHS

Discover simple steps to help look after your mental wellbeing

Search Every Mind Matters

Looking after your physical health

Looking after your physical health has lots of benefits for our mental and physical wellbeing.

If you live in the **county,** visit **www.firstcontactplus.org.uk** for support with your physical wellbeing.

If you live in the **city,** visit **www.livewell.leicester.gov.uk** for support with your physical wellbeing.

Eating well

Shopping, meal planning and preparation are important for good nutrition and a healthy daily routine. For more information about healthy eating, visit:

www.nhs.uk/live-well/eat-well

Sleeping well

Sleep problems are common, and the reasons we struggle to sleep are likely to change throughout our lives, for instance, illness, work or having a baby are possible causes.

A few sleepless nights are usually nothing to worry about, but it can become an issue if a lack of sleep starts to affect your daily life.
To find tips on sleeping well, visit:
www.nhs.uk/every-mind-matters/mental-health-issues/sleep/

Moving well

Regular physical activity has been shown to boost your mood, build confidence and help you get a better night's sleep. And you don't need to become a gym-goer to feel the benefits. Being active can be as simple as finding small ways to move more throughout your day. Try switching things up and giving different activities a go, whether it's a kickabout with mates, a walk at lunch, or trying something completely new, until you find what fits you best.

Visit Active Together for more information and local physical activity groups:
www.active-together.org/letsgetmoving

Community Shop

LEICESTER TIGERS Foundation

Men on the Move is a welcoming walking group where men can connect, chat, and enjoy good company. It's a great way to stay active, build friendships and share conversation. **Fridays at 11am, 26 Marwood Rd, Leicester LE4 2ED.**
For more information, **email: jasmine.bridges@community-shop.co.uk**

LEICESTER CITY IN THE COMMUNITY

Social Football is a welcoming and inclusive session for men aged 18 and over, open to all ability levels. It offers a safe, supportive, and relaxed environment where participants can enjoy being active, build confidence, and connect with like-minded people. For more information, **email: matt.bray@lcfc.co.uk**

LET'S GET MOVING

Walking football is a variant of football that is aimed at keeping people aged 50+ involved with football. Visit the website to find your local group:
www.active-together.org/sports/walking-football

Support near you

Men's wellbeing groups - free

Fireside Supper - a group for men: A free Thursday evening group for men to come together around the campfire, with cooking, creativity, downtime and new connections, mindfulness and rest from the everyday. Your time is your own, and there is no pressure to join in. The group meets 5.30pm – 8.30pm, on the first Thursday of the month.
Book your place here: www.bit.ly/firesidesupper

Mankind: A group run by men, to support men! A mixture of ages, experience and mental health journeys, it's a place for men to be themselves and spend time with others in a safe, supportive and non-judgemental environment.
Fridays, 2pm - 4pm, Ground Floor, Asha House, 63 Woodgate, Loughborough LE11 2TZ
Phone 01509 606 370 or visit www.thewellbeingcafe.org for more information.

The Men's Den: A relaxed space to grab a brew, sit quietly or have a chat, take part or just be there. There's no pressure, no expectations and no judgement. You're welcome to come for ten minutes or stay for the whole session.
Wednesdays, 10am - 12 noon, Games Room, The Grove Community Hub, Cort Crescent, Leicester LE3 1QZ

Support near you

The Brotherhood Legion: An award winning men's focused group built around movement, conversation and inclusion and open conversations. Groups include free weekly fitness sessions, hiking, wild camping, afternoon group coffee and chats, interactive WhatsApp group and community give back charity events.
Visit **www.brotherhoodlegion.com** or search **thebrotherhoodlegion.cic** on Instagram for more information.

Community Men2Men Buddying: Connecting men over 55 through one-to-one buddying that builds confidence, and wellbeing. We create safe, supportive relationships that help men thrive. Visit **www.cm2m.co.uk** for more information.

The Circle: A free, bi-weekly men's group providing a safe space to connect, feel supported, and boost motivation and wellbeing. Meet with us every other Wednesday at Glenfield Morrisons Community Room—open to all men aged 18+. There is no charge and free parking available.

Email: circulusformen@gmail.com, phone: 07989 443 831, Facebook: Circulus for Men, Instagram: @menscirculus, Youtube: @circulusformen

Support near you

Modern Men Movement

The Modern Men Movement runs a weekly group where men can come together and chat. The group runs on Fridays, 6.30pm - 8.30pm at Team Hub, St Oswald Road, New Parks, Leicester, LE3 6RJ.
Email Leejobbermmm25@gmail.com Facebook: /ModernMenMovement Instagram: @ModernMenMovement TikTok: @modernmenmovement

#ITSOKAYTOTALK

Andy's Man Club are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online every Monday night from 7pm. Open to any man 18+, there's no booking or registration required. Visit **www.andysmanclub.co.uk** to find your nearest group or **email info@andysmanclub.co.uk** to join in online.

LEICESTER CITY IN THE COMMUNITY

Goal Difference is a ten-week well-being program that uses football themes, stories and metaphors to help people from a wide range of backgrounds and who present with a wide variety of mental health and social problems to address their issues in a unique and positive way. It is delivered in a deliberately non-medical setting, in an executive box at our King Power Stadium.
For more information, **email: matt.bray@lcfc.co.uk**

Support near you

Men's wellbeing groups - paid

Charnwood Shed: A friendly community space offering woodwork, pottery, gardening and more for anyone aged 50+. Sessions run Monday to Wednesday from 9am–3:30pm, with membership options from £80–£160 and low-cost session fees (£2.50 half day / £5.00 full day). **Phone** 01509 211 603 or **email charnwoodshed@ageukleics.org.uk** for more information.

There are Sheds across LLR, find your local one here:
www.menssheds.org.uk/find-a-shed

Stepping Stones Group: A supportive and friendly environment to help you understand and manage your anxiety and depression. The group is run in an informal, drop-in style where you can choose to attend the sessions that feel best for you. There is no expectation to attend every session, though you are welcome to.

Each session includes a 60-minute workshop around a variety of mental health and wellbeing topics that offer people practical guidance, strategies and support. Each session is £4 on the day or £3 if prepaid.
Book here: www.bookwhen.com/shuttlewoodclarke

Support near you

Abuse support

First Step deliver up to 26 weeks of counselling sessions and up to 12 weeks of therapeutic emotional support to male survivors of rape and sexual abuse who are 13 years and over. **Phone 0116 254 8535, email contact@firststepleicester.org.uk or visit: www.firststepleicester.org.uk** for more information.

Living Without Abuse offer a six week domestic abuse awareness programme, specifically for male victims of domestic abuse, exploring types of abuse, warning signs and exploring the barriers to seeking support. **Phone 01509 550 317** or **visit www.lwa.org.uk** for more information.

Advocacy

LAMP provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers. **Email info@lampdirect.org.uk**, **phone 0116 255 6286** or **visit www.lampadvocacy.co.uk** for more information.

Support near you

Other support

Citizens Advice LeicesterShire offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Phone 0808 2787970 (Leicester City) or **0808 2787854 (Leicestershire)** or **visit www.citizensadvice.org.uk** for more information.

PROSTaid runs multiple monthly prostate cancer support groups across Leicester and Leicestershire for men affected by prostate cancer and their families. **Visit www.prostaid.co.uk** for more information.

British Red Cross provides practical and emotional support to asylum seekers, refugees and vulnerable migrants in Leicester and Leicestershire. They undertake casework to lift them out of destitution and signpost to relevant support agencies.
Email rsleicester@redcross.org.uk or **phone 0116 479 0900** for more information.

CRUSE Provides bereavement support. **Phone 0300 777 4488** for the Leicestershire branch or the **national helpline** on **0808 808 1677** or **visit www.cruse.org.uk** for more information.

Support near you

GamCare runs the National Gambling Support Hotline, which is open 24/7 and 365 days a year. The treatment is free, flexible, and confidential and always free from judgement and there are no waiting lists to access the service. It provides users with a safe space to speak, enabling them to feel empowered and take control of their life by providing tailored support to users to achieve their goals. **Phone 0808 8020 133** or **visit www.gamcare.org.uk** for more information.

Harmless provides a community self-harm and suicide bereavement service for people who live in Leicester, Leicestershire and Rutland.
Email leicester@harmless.org.uk, phone 0115 8800 280 or **visit www.harmless.org.uk** for more information.

Open Hands provide emergency support and care for those most vulnerable, provide supplies of food, and offer various other services to help empower individuals to move forward in their lives - offering practical help and advice.
Phone 0116 255 8672 or **visit www.openhandsleicester.org.uk** for more information.

Support near you

SHARP provide housing advice, help and support for people who have been made homeless or are facing serious housing problems, across Leicestershire. **Email info@leicestershelter.org.uk, phone 0116 254 6064** or **visit www.leicestershelter.org.uk** for more information.

Farming

The Farming Community Network (FCN) is a voluntary organisation and charity that aims to improve the health and wellbeing of people in farming and 'walk with' people at times of difficulty and change. FCN runs a **confidential national helpline: 03000 111 999**, open 7am-11pm every day of the year, and **e-helpline: help@fcn.org.uk**

RABI is the UK's largest farming charity; providing support to the farming community across England and Wales. They have a **free, 24/7 helpline: 0800 188 4444** or you can contact them via **email: help@rabi.org.uk.**
Visit www.rabi.org.uk for more information.

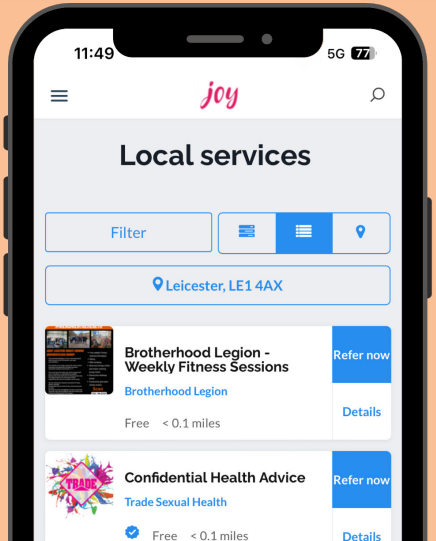
Helplines, online support and self-help: Joy

Joy is a new NHS funded website for people living in Leicester, Leicestershire and Rutland. It has been created to link you to groups, services and activities that suit your needs and interests, local to you. Once you add your postcode and search, it will list the services closest to you.

LLRjoy.com

joy

SCAN HERE



1. Filter by postcode

2. Pick your interests

3. Joy lists services available

Mental health self-help guides

MH self help guides

One in six of us will experience mental ill health. At some point in our lives we will know someone who is struggling. That could be us personally or a partner, family member, friend or colleague. Sooner or later, we will all know someone who is struggling.

We have written a series of self help guides covering a wide range of topics such as depression, anxiety and stress which offer you the opportunity to find out more about the causes of mental health issues and provide tools to work through feelings and emotions.

Our self help guides contain verified information and are written by NHS Clinical Psychologists with contributions from service users, healthcare and voluntary sector staff.

They're not intended to replace the advice of a medical professional. If it's not a medical emergency and you're unsure about what to do next, our self help guides can suggest next steps.

www.bit.ly/LLR-self-help-guides

Helplines, online support and self-help

If you feel that you need to talk to a professional about your mental health needs, you can call NHS 111, selecting option 2. Below is a list of other providers that can also offer support.

Samaritans

When life is difficult, Samaritans are here - day or night, 365 days a year. You can **call** them free on **116 123** or visit **www.samaritans.org** to find your nearest branch.

Lighthouse Charity

24/7 free and confidential support to anyone working in construction (this includes all tradespeople) and their families. They offer support with emotional, physical and financial wellbeing. **Call 0345 605 1956** or visit **www.lighthousecharity.org**

Combat Stress

If you have served or are currently serving in the UK Armed Forces, you can **call** the 24 hour mental health helpline on **0800 138 1619** or **text** on **07537 173683**

Switchboard

Provides a one-stop listening service for LGBTQIA+ people on the phone, you can **call** Switchboard on **0300 330 0630** (10am – 10pm every day) or use their webchat service: **www.switchboard.lgbt/contact-us**

Ryan Parke - The Men's Coach

Bridging the Barriers with Men

Leicestershire Partnership NHS Trust (LPT) and Mental Health Friendly Places (Public Health) have been working with The Men's Coach, Ryan Parke, to host insightful workshops that are dedicated to supporting men's mental health.

In the latest project, a webinar called 'Bridging the Barriers with Men', Ryan explores the links between goal setting, hormones and men's mental health. The session includes practical strategies to improve male mental health and wellbeing, delivered in a way that is relatable and engaging to many.

You can watch this webinar by scanning the QR code.

The Alpha Framework

In the webinar, Ryan goes through his practical workbook, The Alpha Framework, which is free to download and use.

Ideally, you will view the webinar before using The Alpha Framework, as it sets the context of Ryan's insight and methodology.

The Alpha Framework: www.themenscoach.co.uk/uk-downloads

Phone apps

There are many different phone apps available to download free, which can provide support and advice on various issues. Below are some suggestions:

Stay Alive is a suicide prevention app with over 600 resources and tools to help you, or someone you are worried about, keep safe. Created by Grassroots Suicide Prevention Charity with people who have lived experience.

DistrACT provides trusted information and links to support people who self-harm and may feel suicidal (aged 17+).

SHOUT is a 24/7 text service for anyone in crisis, any time. It's a place to go if you're struggling to cope and you need support. **Text SHOUT to 85258.**

The **Tellmi** app provides free digital mental health support, 365 days a year (on Android, iOS and the web) to anyone aged 11+ across Leicester, Leicestershire & Rutland.

DadPad gives new dads the knowledge and practical skills necessary to be able to support themselves and their partner, and give their baby the best possible start in life.

Urgent: NHS 111

Need urgent mental health support now?

Call NHS 111 Select mental health option

If you, or someone you care about, need urgent advice or support for your mental health, help is available over the phone. **Call NHS 111, mental health option.** This number is open **24 hours a day, seven days a week** free of charge and in confidence.

Please note, this service can be busy at certain times and you may have to wait for your call to be answered.

You can also text 0748 063 5199 and we will aim to get back to you within four hours.

In an emergency

If you are concerned about an immediate risk of harm – either to yourself or someone else – phone 999. You can also call NHS 111 for physical, medical and mental health issues.
www.signvideo.co.uk/nhs111

Neighbourhood Mental Health Cafés

Drop in support for when you're struggling to cope

Neighbourhood Mental Health Cafés

For times when you're struggling to cope

Feeling overwhelmed? In crisis?
Need someone to talk to about your mental health?
We're here for you.

A safe space to be when you're feeling low.

Drop in, no need to book an appointment - let's talk.

Cafes are open seven days a week, find out where and when by scanning the QR code or visiting:

www.bit.ly/LLRNMHCs

Want to know what to expect when you visit a café?

Watch Alex and Darren's story:

Alex's story

Darren's story

NHS Talking Therapies

Men often experience stress, anxiety, low mood and burnout, yet many delay seeking support.

Stigma, pressure to cope alone, and concerns that therapy may feel too emotional or time-consuming can create barriers. Over time, difficulties can build up and affect work, relationships, physical health and overall wellbeing.

NHS Talking Therapies work differently. We provide practical, flexible and goal-focused support that fits around everyday life, making therapy feel relevant and accessible.

Our approach focuses on understanding patterns in thoughts, behaviours and stress, building skills to manage challenges, and making clear, practical changes to support wellbeing. Support is about learning tools that can be used in daily life.

We also offer private, evidence-based digital options, including computerised CBT, online programmes and interactive webinars, accessed at a time and pace that works for you.

Mental health support doesn't have to wait until things feel overwhelming, NHS Talking Therapies help men take action early.

www.bit.ly/NHSTalkingTherapiesLLR

Mental Health Friendly Clubs

The Mental Health Friendly Clubs Programme helps sports clubs create safe, welcoming spaces for adults facing mental health challenges. Joining a club, whether as a player, supporter or volunteer, can be a powerful step toward connection and wellbeing.

Clubs receive free mental health and suicide prevention training, giving coaches and volunteers the skills to support members and spot when someone may be struggling. With the power of sport, teamwork, routine, belonging and purpose, clubs can make a real difference in people's mental health.

Find your local Mental Health Friendly Club:
www.startaconversation.co.uk/mental-health-friendly-clubs

Mental Health Friendly Clubs is part of Start A Conversation campaign, support people who may be struggling with their feelings or experiencing suicidal thoughts find out more here: www.startaconversation.co.uk

Mental Health Friendly Clubs

START A CONVERSATION

Coping techniques

STOPP technique can be used when feeling overwhelmed or struggling with impulsive thoughts.

S **Stop and step back.** Don't act immediately. Pause.

T **Take a breath.** Notice your breath as you breathe in and out.

O **Observe.** What am I thinking and feeling? What are the words that my mind is saying? Is this fact or opinion? Descriptions or evaluations? Accurate or inaccurate? Helpful or unhelpful? What unhelpful thinking styles am I using e.g. mind-reading (guessing what others are thinking), negative filter (only seeing the negatives), thinking the worst? What am i focusing on?

P **Pull back.** See the situation as an outside observer. What would a fly on the wall see? Is there another way of looking at it? What advice would I give to someone else? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in six months?

P **Practise what works.** Do what works, what is most helpful for you. Play to your principles and values. Will it be effective and appropriate? Is it in proportion to the event? What will be the consequences of my action?

The 5-4-3-2-1 anxiety management technique is a five-step exercise. It can be very helpful during periods of anxiety or panic when your mind is bouncing around between various anxious thoughts, by helping to ground you in the present. Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you've done this, go through the following steps to help ground yourself:

5 Think of **five** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4 Think of **four** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3 Think of **three** things you hear. This could be any external sound. If you can hear your stomach rumbling that counts! Focus on things you can hear outside of your body.

2 Think of **two** things you can smell. Maybe you are in your home and smell tea or coffee or maybe you are in a park and smell cut grass. If you need to take a brief walk to find a scent, you could walk around your home, or outdoors.

1 Think of **one** thing you would like to eat or drink.

NHS Talking Therapies offer practical, preventative training to help people better support men's mental health by challenging stigma, building confidence to start conversations, and knowing where to signpost for help. Email: LLR.mentalhealthtrainers@vhg.co.uk to find out more.

Quick summary on where to find support for your mental health

Non-Urgent

I need support for my mental health

Contact your GP Practice from 8am-6.30pm, Monday to Friday.

Call **0330 094 5595** for NHS Talking Therapies

When life is difficult, Samaritans are here - day or night, 365 days a year to offer emotional support. You can call them for free on 116 123.

Urgent

I need help with my mental health now

24/7 support is available over the phone, **call NHS 111, mental health option**. This number is open 24 hours a day and is totally free and confidential. You can also **text 0748 063 5199** and we will aim to get back to you within four hours.

Visit a Neighbourhood Mental Health Café. Full list of venues on our website: **www.leicspart.nhs.uk/service/neighbourhood-mh-cafes**

Emergency

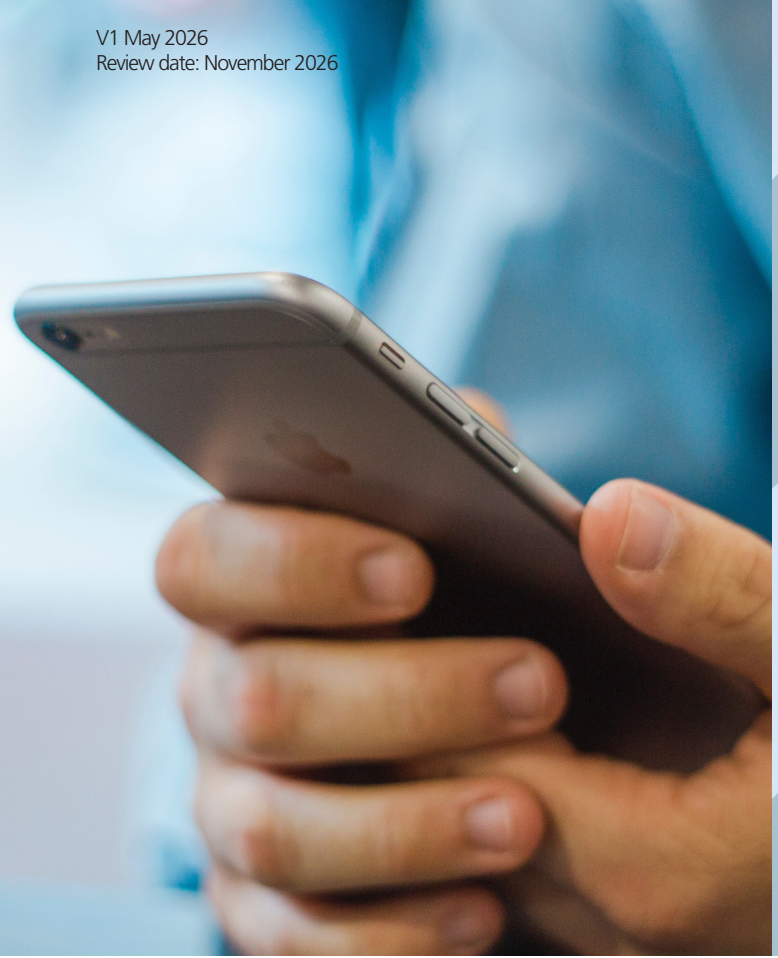
I have a physical health emergency

Call **999** if there is a threat to life.

Notes

Use this page to note any options from the booklet that stood out to you. You can also jot down anything that feels challenging right now, such as work, relationships, gambling, drinking, or loneliness.

V1 May 2026
Review date: November 2026



Information about services across Leicester, Leicestershire & Rutland that provide support for your mental health and wellbeing.

SCAN ME

This booklet has been designed in partnership with the NHS alongside Leicester City and Leicestershire County Council's Public Health Mental Health Friendly Places Team, and the groups they work with to support men's mental health and wellbeing.

This booklet is available on the Leicestershire Partnership NHS Trust website where it can be translated and heard in other languages, visit: **www.bit.ly/MensHealthLLR**

Mental Health Friendly Places

NHS
Leicestershire Partnership
NHS Trust