

**THE
RICKY HATTON
FOUNDATION**

**YOU'RE NOT ALONE:
REAL HELP FOR MEN
WHO ARE STRUGGLING**



Life can feel heavy sometimes. Stress, anxiety, low mood, or just feeling stuck isn't a sign of weakness — it's a signal that you might need support.

This guide shows different ways to get help, from speaking to someone anonymously, connecting with peers, or accessing professional services. You can explore what feels right for you.

URGENT SUPPORT

If things feel overwhelming or you're worried about your safety or someone else's, there are services available 24/7:

- Call 999 or go to your nearest A&E if you're at risk.
- NHS 111 (Mental Health option) for urgent but non-life-threatening support.
- Samaritans – call 116 123, anytime, confidential.
- Shout Crisis Text Line – text SHOUT to 85258.

Even a single call or text can help you take a step back and feel less alone.

TALKING AND LISTENING

Sometimes you just need to be heard. These services offer spaces where men can share honestly and safely:

- Samaritans – available 24/7 for confidential emotional support. Call 116 123, anytime, confidential.
- Shout – text SHOUT to 85258 for anonymous, immediate help.

Even a short conversation, voice note, or message can make a difference.



PEER AND GROUP SUPPORT

Connecting with other men who understand can reduce isolation and provide perspective:

- **Andy's Man Club (AMC)** – weekly, face-to-face support groups for men. No pressure to share, just a space to talk openly about life and mental health. (andysmanclub.co.uk)
- **Men Who Talk** – online peer support groups, casual and non-judgmental. (menwhotalk.org)
- **Lads Chat (Kaleidoscope Plus)** – weekly online “man cave” sessions to talk or just listen. (kaleidoscopeplus.org.uk)
- **MenTalk Health** – face-to-face meetups in select areas for conversation about emotions, relationships, or general support. (men-talk.uk)
- **Say It Lad** – record an anonymous voice note and get a voice note back from another man. This is not therapy or crisis support, but a safe outlet to share and be heard. (sayitlad.com)

Being part of a group where other men “get it” can make a real difference — even if you just listen at first.

PROFESSIONAL AND ONGOING SUPPORT

If structured support or therapy feels right, there are NHS-endorsed and charity-based services available:

- **Mind** – information, local services, and helplines. Call 0300 123 3393.
- **SANeline** – emotional support, 4 pm–10 pm daily. Call 0300 304 7000.
- **Your GP** – can refer you to NHS talking therapies (IAPT) or other local mental health services.

These services are confidential and designed to help you manage challenges at your own pace.

CLOSING NOTE

Asking for help is a sign of strength, not weakness. There are people and services ready to support men through difficult times. You don't have to face this alone — help is out there whenever you feel ready to reach for it.

You are not alone. You are not failing. And support is available whenever you need it.