

Men's Mental Health

Making it easier to speak before things reach crisis point

Many men have learned to keep going, stay useful and handle problems alone. Distress may therefore appear as anger, withdrawal, overworking, drinking more, risk-taking, poor sleep or physical symptoms rather than openly expressed sadness. Mental health difficulties are human experiences, not a measure of strength or masculinity.

You do not have to carry everything quietly. Speaking up is a way of staying connected to life.

Changes worth noticing

Pay attention if you are avoiding people, losing interest, struggling to concentrate, feeling trapped, becoming more irritable, using substances to switch off or thinking others would be better without you. Friends may notice that you are quieter, busier or more reckless than usual. You do not need to wait until you can explain everything.

Start the conversation simply

You might say, 'I have not felt like myself lately,' 'I am struggling more than I let on,' or 'I do not need you to fix it, but I need someone to listen.' Talking while walking, driving or doing a practical task can feel easier than sitting face-to-face. A text message counts as reaching out.

Strength can include receiving help

Coping alone is not the only form of strength. Asking for help protects you and the people who care about you. A GP, therapist, coach, workplace service, community group or helpline can be a starting point. If the first conversation is unhelpful, that reflects the fit of the support, not whether you deserve it.

Support a man who is struggling

Ask directly and without judgement. Mention what you have noticed, listen more than you advise, and avoid minimising or forcing disclosure. If you are worried about suicide, it is okay to ask clearly whether he is thinking about ending his life. Asking does not put the idea into someone's head; it opens a door to safety.

Act when safety is at risk

If you or someone else may act on suicidal thoughts, do not stay alone. Contact emergency services, go to an emergency department or use an urgent crisis service. Remove immediate access to means where it is safe to do so and involve another trusted person. A crisis deserves prompt, practical support.

A gentle reflection

What feels most important for me to remember from this resource? What is one small, realistic form of support I could offer myself today?

This resource offers general information and is not a diagnosis or a substitute for personalised medical or mental health care. If you are in immediate danger or unable to keep yourself safe, contact emergency services or an urgent crisis service where you live.