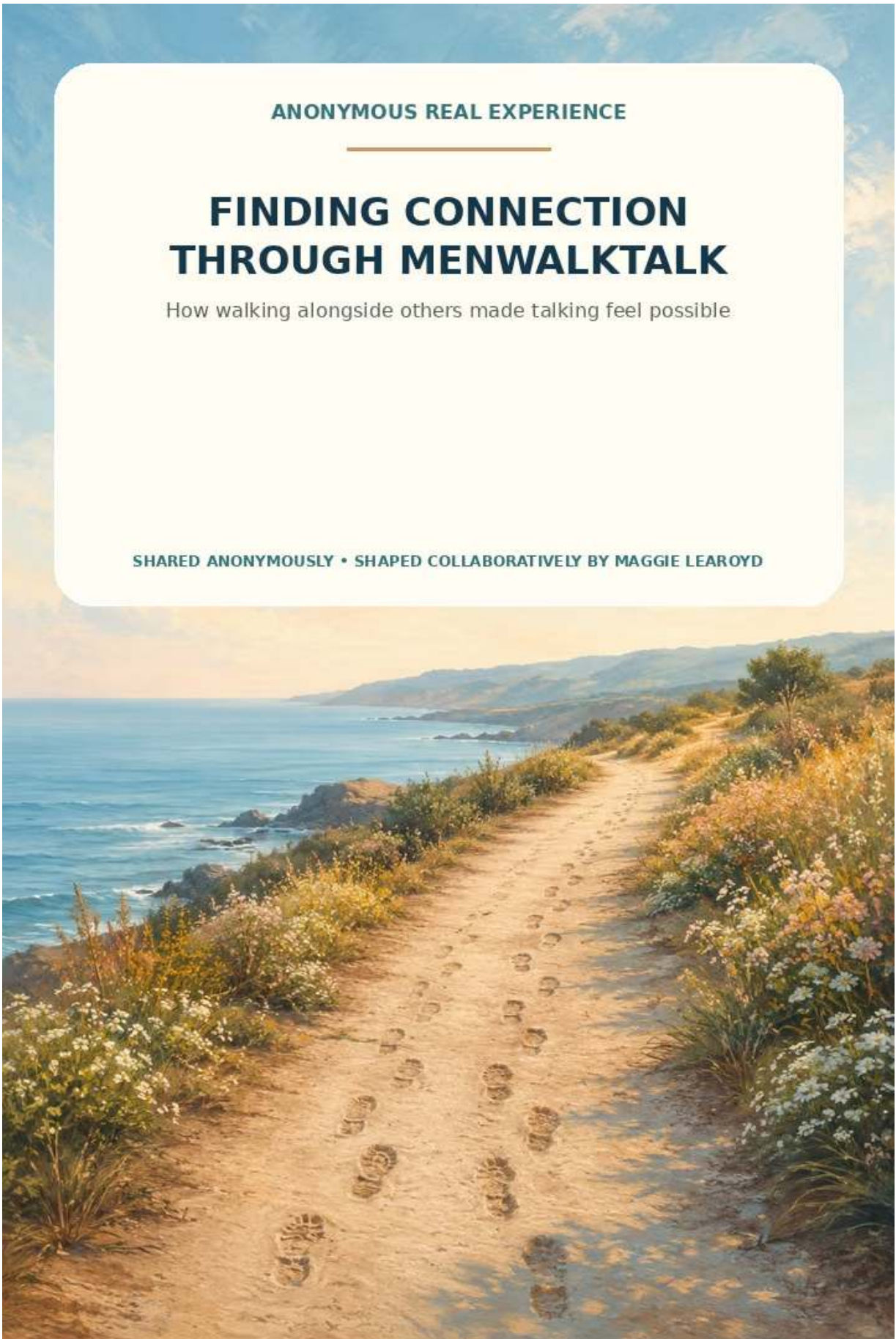


ANONYMOUS REAL EXPERIENCE

FINDING CONNECTION THROUGH MENWALKTALK

How walking alongside others made talking feel possible

SHARED ANONYMOUSLY • SHAPED COLLABORATIVELY BY MAGGIE LEAROYD



Finding Connection Through MenWalkTalk

How walking alongside others made talking feel possible

"I'd always thought support groups weren't for me. The idea of sitting in a room talking about my feelings filled me with anxiety, so I convinced myself they simply weren't an option. I carried on working, coming home and pretending everything was fine, even though I knew I wasn't coping as well as I used to.

One afternoon I came across MenWalkTalk on social media. Walking seemed different. There wasn't the pressure of sitting face-to-face or feeling like I had to speak in front of a group. I decided to give it a try, telling myself that if I hated it, I wouldn't go back.

From the moment I arrived, I realised I'd misunderstood what support could look like. People chatted naturally while walking. Some talked a lot, others hardly spoke at all. Nobody expected anything from me. There was no pressure to share my story before I was ready.

Over the next few weeks, I found myself opening up bit by bit. Walking alongside other men somehow made difficult conversations feel easier. I realised I wasn't the only one who had been carrying stress, anxiety and self-doubt in silence.

The walks became something I genuinely looked forward to. They reminded me that connection doesn't always begin with big conversations. Sometimes it starts with simply turning up, putting one foot in front of the other and discovering that someone is willing to walk alongside you.

Looking back, MenWalkTalk didn't just help me meet new people—it helped me believe that I didn't have to face life on my own anymore."

A Note About This Real Experience

This is a real person's lived experience, shared anonymously in their own thoughts and feelings. The contributor spoke openly about what happened, and Maggie Learoyd shaped the piece collaboratively, preserving their meaning and voice. They want their experience to be heard and understood but have chosen not to be named. Some identifying details may have been changed to protect their privacy.