

MEN'S MINDS / CONNECTION & WELLBEING

Male Loneliness Isn't Always Being Alone

Loneliness is not simply about how many people are around you. You can have a partner, family, colleagues or friends and still feel deeply disconnected. Sometimes what feels missing is the chance to be known, listened to or able to speak honestly.

You might recognise

Company, but nobody to confide in	Friendships that stay surface level
Finding it hard to say when you are struggling	Losing touch as work, family or life gets busier
Feeling known for what you do, not how you feel	Spending more time alone than you used to

A small first step can count

Connection does not have to begin with a big emotional conversation. You might send a message, suggest a short walk, join a group around something you enjoy, or simply tell someone: “I’ve been having a difficult time lately.” You can take it at your pace; listening first or just being alongside others can be a start.

Where to turn for support

Space to Breathe Therapy	If something here feels familiar and you feel a connection with Space to Breathe Therapy, you're welcome to get in touch and explore whether support feels right for you. 07761 272645 maggie@spacetobreathetherapy.co.uk Contact page
Men’s Sheds A local Shed offers a practical, informal way to spend time with others and share interests. Find a nearby group at menssheds.org.uk/find-a-shed .	GP or social prescribing If loneliness is affecting your wellbeing, speak with your GP. Ask whether a social prescribing link worker can help you find local activities or support. NHS talking therapies may also help if you are experiencing low mood, stress or anxiety.

Urgent help in England: If you need urgent mental-health help and it is not an emergency, call NHS 111 and select the mental-health option. If you or someone else is in immediate danger, call 999 or go to A&E. Samaritans offer free, 24-hour listening support on 116 123.

Sources: [NHS - get help with loneliness](#) | [UK Men’s Sheds Association](#) | [NHS - urgent support](#)