

MEN'S MINDS / FRIENDSHIP & CONNECTION

Men's Friendships Can Change

Adult life can quietly change friendships. Work, relationships, parenting, moving and everyday responsibilities can leave less time for meaningful connection. Sometimes nobody falls out - people simply drift apart. Missing someone can be a reason to reach out, even if it has been a while.

You might recognise

Seeing close friends less often	Putting off catch-ups
Only meeting around activities or events	Not knowing what is happening in each other's lives
Feeling your circle has become smaller	Realising you miss having someone to talk to

A small next step

Try one simple invitation: “I was thinking of you - would you fancy a walk or a coffee?” A short message can reopen a door without needing to explain everything. If a meet-up goes well, suggest another date before you part.

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 and local groups Men's Sheds offer informal community spaces built around practical interests and conversation. You can search by town or postcode at the UK Men's Sheds Association. Find a local Shed	Health and emotional support Ask your GP practice about social prescribing. A link worker may help you find local activities or groups that fit your interests and circumstances.

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. Elsewhere in the UK, use your local urgent mental-health service.

Sources: [NHS - Loneliness](#) | [UK Men's Sheds Association](#)