

MEN'S MINDS / MONEY, IDENTITY & PRESSURE

The Pressure to Be the Provider

Feeling responsible for providing can become closely tied to being a good partner, father or family member. Money worries may bring shame, anxiety and a sense of letting people down. Your value is not measured by your income, job title or how much you can carry alone.

You might recognise

Keeping money worries secret	Working excessive hours or feeling unable to rest
Comparing your income with other people's	Feeling ashamed when finances are difficult
Worrying that your value depends on what you provide	Finding money conversations hard to start

A small next step

Choose one concrete concern and say it plainly to someone you trust: “I am worried about the bills and I need us to look at them together.” You do not need a complete solution before asking for practical or emotional support.

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
MoneyHelper MoneyHelper offers free, impartial money guidance and can help you find free debt advice. Talking with an adviser can help make the next step clearer. Money guidance and debt advice	Health and emotional support If the pressure is affecting sleep, mood or relationships, speak with your GP. A trusted manager, union representative or workplace support service may also help with work pressures.

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: [MoneyHelper - debt advice](#) | [NHS - urgent support](#)