

MEN'S MINDS / NOTICING & ASKING FOR HELP

What If I Don't Know What's Wrong?

You do not need the right words, or a clear explanation, before telling someone you are struggling. Sometimes the first sign is simply knowing that something does not feel right. You are allowed to ask for help while you are still working out what is going on.

You might recognise

Not feeling like yourself	Finding everyday tasks harder than usual
Feeling more irritable, flat or worried	Noticing changes in sleep, energy or patience
Withdrawing or keeping everything to yourself	Knowing something is wrong, but not knowing what

A small next step

You could start with: “I am not sure what is wrong, but I do not feel like myself.” If speaking feels difficult, write it in a message or show someone this page. Not having a neat explanation is not a barrier to 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
Your GP or NHS talking therapies A GP can help you work out what support might fit. In England, adults can usually contact NHS Talking Therapies directly for help with common difficulties such as anxiety or low mood. Find local NHS mental-health support	Health and emotional support If you need someone to listen now, Samaritans are available free, day or night on 116 123. If something here feels familiar and you feel a connection with Space to Breathe Therapy, you are welcome to get in touch.

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 - finding local mental-health services](#) | [NHS - urgent support](#)