

MEN'S MINDS / CARING, RESPONSIBILITY & SUPPORT

Who Supports the Person Everyone Relies On?

Being dependable can become a big part of how you see yourself. You may be the person others call when something goes wrong, while your own needs stay out of view. Being needed does not mean you have no needs. Asking for support does not erase what you give to others.

You might recognise

Feeling responsible for keeping everything together	Hiding difficulties to avoid worrying others
Feeling guilty when you need help	Putting other people's needs first every time
Struggling to admit you are overwhelmed	Believing you should be able to cope alone

A small next step

Name one thing you need and ask one person for one specific kind of help: “Could you take this task on Tuesday?” or “Could you listen for ten minutes?” Small, clear requests can make support easier to accept and offer.

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
Carers UK and a carer assessment If you support someone who is ill, disabled or needs help day to day, Carers UK offers information and signposting on 0808 808 7777, Monday to Friday, 9am-6pm. Your local council can explain how to request a carer's assessment. Carers UK support	Health and emotional support Tell your GP if caring or responsibility is affecting your health or mood. You can talk through what feels hardest and ask what local support is available for you as well as the person you care for.

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: [Carers UK - helpline and support](#) | [Carers UK - carer assessment](#)