

MEN'S MINDS / ASKING FOR HELP IN YOUR OWN WAY

Support Doesn't Have to Start With Therapy

Therapy can be valuable, but asking for help does not mean you have to sit down and explain everything at once. You can begin with what feels possible: speaking with someone you trust, contacting your GP, joining a group, or asking a question about what support involves.

You might recognise

Wanting help but not knowing where to begin	Worrying you will not find the right words
Feeling unsure whether your problem is serious enough	Wanting to understand the options before deciding
Needing connection or practical help before therapy	Wanting support while keeping your own pace

A small next step

You could say: “I am not ready to explain everything, but I would like to talk about what support might look like.” You can ask about pace, choice and what happens in a first conversation before deciding whether it feels right.

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
Try a first step that feels manageable A GP can discuss support options. In England, adults can often contact NHS Talking Therapies directly. A trusted person, peer group, men's group or listening service may also be a place to begin. Find NHS mental-health support	Health and emotional support If something here feels familiar and you feel a connection with Space to Breathe Therapy, you are welcome to get in touch and explore whether support feels right for you. Phone 07761 272645 or email maggie@spacetobreathetherapy.co.uk .

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