

MEN'S MINDS / RELATIONSHIPS, LOSS & CHANGE

Relationship Breakdown Can Be More Than Heartbreak

The end of a relationship can mean losing much more than a partner. Routines, shared plans, a home, finances, friendships and family life may all change at once. Grief, anger, relief, guilt or uncertainty can arrive in different combinations, and you do not have to make sense of everything immediately.

You might recognise

Feeling grief, anger, shock or rejection	Losing shared routines or a sense of identity
Worrying about money, housing or family changes	Feeling isolated from friends or community
Finding it hard to imagine what comes next	Having good days and difficult days mixed together

A small next step

Choose one stabilising thing for the next few days: keep a routine, tell a trusted person what would help, or make a practical list and handle one item at a time. You can take time before deciding what the experience means to you.

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
Relate after a breakup Relate offers information and support for people navigating a relationship ending, including ways to speak with a relationship counsellor. You can explore options at your own pace. Relate - getting over a breakup	Health and emotional support If the change is affecting your sleep, mood or ability to manage everyday life, speak with your GP. 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: [Relate - getting over a breakup](#) | [NHS - urgent support](#)