

The Gentlemen's Room

A space to check in, speak honestly and reconnect with what matters.

There is no single way to be a man. You may be carrying responsibilities, uncertainty, grief, anger, loneliness or pressure without having a place to put them into words. This guide offers private reflection and small, practical steps. You can share only what feels right.

The room has four places to begin

CHECK IN

What is happening?

UNPACK

What am I carrying?

CONNECT

Who feels safe?

MOVE

One next step

You do not need to solve everything today. Choosing one honest sentence or one supportive action can be enough.

When I imagine a space where I can be myself, it feels like...

This resource is not a substitute for professional mental health care. If you feel unsafe or at risk of harming yourself, seek urgent support.

1 | The Private Check-In

You can feel more than one thing at once. Try naming what is present without deciding whether it is acceptable.

Words to consider: tired · frustrated · hopeful · numb · worried · isolated · relieved · grieving · pressured · unsure.

Right now, I feel...

What has been taking up the most space in my mind?

What does my body or energy level seem to be telling me?

2 | The Weight I Carry

Expectations can come from work, family, money, relationships, culture or ourselves. Not all of them are fair or sustainable.

Responsibilities and expectations I am carrying

Which pressures are mine to address, and which can be shared?

One expectation I might question or soften

Reflection: asking for help is a practical response to pressure, not a failure of strength.

3 | Connection Without Pressure

Connection might mean a conversation, a shared activity, sitting quietly together or getting support from a professional. You decide what feels safe.

People or places where I can be more myself

What makes talking difficult for me?

How I would prefer someone to support me

A sentence I could use

"I don't need you to fix it. Could you listen for a few minutes?"

My own words for reaching out

4 | My Next Step

Choose something manageable and specific. Rest, a boundary, a conversation or professional support can all be valid next steps.

One thing I would like to feel different

One small action I can take in the next few days

Who or what could support me?

How I will know it is time to seek more help

Support in the UK

If you are in immediate danger, call **999** or go to A&E. In England, contact **NHS 111** and select the mental health option for urgent help. Samaritans offer listening support on **116 123**.

Space to Breathe Therapy · A space to reflect without judgement.