



Anxious?

Stressed?

Need
support?

Text **SHOUT** to **85258**
for free and confidential support

shout
85258
here for you 24/7

 GiveUsAShoutInsta  GiveUsAShout  GiveUsAShoutUK

giveusashout.org



Money worries?

Relationship problems?

Feeling down?

Text **SHOUT** to **85258**
for free and confidential support

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PROPAMANDA

NOUN. / THE CATALOGUE OF STEREOTYPES AIMED AT MAKING YOU A MANLY MAN, PROPER BLOKE, TOP LAD.

#MANDICTIONARY



KEEPING MEN ALIVE BY TALKING
www.thecalmzone.net

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MANHANDLE

VERB. / GRABBING A HANDLE ON PUBLIC TRANSPORT BUT THEN HOLDING SOMEONE'S HAND.

#MANDICTIONARY



KEEPING MEN ALIVE BY TALKING
www.thecalmzone.net

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OPTIRINAL

NOUN. / THE OPTIMUM URINAL TO USE WHEN ENTERING A PUBLIC TOILET.

#MANDICTIONARY



KEEPING MEN ALIVE BY TALKING
www.thecalmzone.net

MANDOWN

NOUN. / ONE OF THE TWELVE MEN WHO TAKES THEIR LIFE EVERY DAY IN THIS COUNTRY.

#MANDICTIONARY



KEEPING MEN ALIVE BY TALKING
www.thecalmzone.net

HERE FOR YOU

NO MATTER WHAT

 **0800 58 58 58**



THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

CALM



Mental Health
Awareness Week

18-24 May

Self-care in lockdown bingo

What positive ways have you
been looking after yourself?

Staying in
touch with
loved ones

Getting sunlight,
fresh air and
nature when
possible

Finding ways
to relax and
be creative

Limiting news
intake if it makes
me anxious

Opening up
about how
I feel

Keeping
a routine

#SpeakYourMind

More self-care ideas at
[mind.org.uk/coronavirus](https://www.mind.org.uk/coronavirus)



Your brain can't ask for help...
But you can.

Visit: www.mind.org.uk or call our info line at:
0300 123 3393 or text 46863 to find out how
mind can help you.



AnxietyUK

Here for you since 1970



03444 775 774



ANXIETYUK.ORG.UK



REGISTERED CHARITY NO. 1113403 | EST. 1970

ALCOHOL

CHANGE^{UK}



Drinking to help you socialise and have fun?

Lots of us use alcohol as a way to boost our confidence. But this can be very short-lived. Long-term, drinking can worsen anxiety, depression and other mental health problems. Find out more about alcohol and how it can affect your mental health.

www.alcoholchange.org.uk

Alcohol Change UK is the operational name of Alcohol Research UK. Registered as a Charity No. 1140287
Company Limited by Guarantee in England and Wales No. 7462605

SUICIDE

the biggest killer of
young people in the UK.

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact **HOPELINEUK** for confidential support and practical advice.

Call: 0800 068 4141

Text: 07786209697

Email: pat@papyrus-uk.org

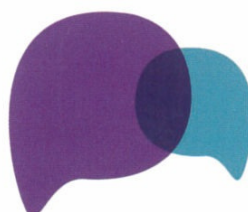
Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

www.papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Construction Industry Helpline

1800 939 122

CONFIDENTIAL 24/7 SUPPORT

**Time to
CHANGE
Time to
TALK**

The free Construction Industry Helpline provides a free 24/7 safety net for all construction workers and their families.

- Advice on welfare and mental wellbeing
- Emergency financial aid
- Support on legal, tax and debt management

Medical Advice



Fidhmeannacht na Seirbhíse Sláinte
Health Service Executive

01850 241850

Emotional Support 24/7

SAMARITANS

116 123

Cancer Advice + Support



1800 200 700

Financial Support



07610 72000

Relationship Support



ACCORD

CATHOLIC MARRIAGE CARE SERVICE CIC

01 505 3112

Bereavement Support

BEREAVED.ie

01 679 3188

Supporting Older People



YOU'RE NOT ALONE

0818 222 024

Mental Health Support



1800 804 848

The free Construction Industry Helpline app offers expert information, advice and guidance on a huge variety of mental, physical and financial wellbeing issues.



Powered by



Supported by



**Find it hard
to talk about
debt?**


**WE
HEAR
YOU!**

Stepchange
Debt Charity

**FREE, PERSONALISED
ADVICE. DAY OR NIGHT,
ONLINE 24/7.**

www.stepchange.org/online

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.



A SAMARITAN HELPED ME SEE PAST MY PROBLEMS

Whatever you've done.
Whatever life's done to you.
Call Samaritans.
No pressure.
No judgement.
We're here for you.
Any time.



08457 90 90 90*

www.samaritans.org

SAMARITANS

WE'RE HERE FOR YOU

We understand that people are worried about coronavirus (COVID-19). If you have cancer, you might be worried about how coronavirus affects you. This is an anxious time for people with cancer and supporting you continues to be our priority.

We have a number of different services available to support you:



Our online community continues to provide invaluable emotional and peer support at community.macmillan.org.uk



Comprehensive cancer information and support, including guidance on how coronavirus might affect cancer care, is available on www.macmillan.org.uk



Our Macmillan Support Line, which is free to call, is open Mon-Fri, 9am to 5pm on 0808 808 00 00.



The Silver Line

helpline for older people

0800 4 70 80 90

**No question too big
No problem too small
No need to be alone**

information • friendship • advice

free, confidential and open 24 hours

0800 4 70 80 90

www.thesilverline.org.uk

The Silver Line is a registered charity in the UK.

Registered Charity No. 1147330 | Company No. 8000807



LOTTERY FUNDED



**LESBIAN?
GAY?
BISEXUAL?
TRANS?**

**WE'RE HERE IF
YOU NEED US!**

Call the helpline

0345 3 30 30 30

Visit the website

lgbt.foundation

LGBT
foundation

#ANDYSMANCLUB

**SUICIDE IS THE BIGGEST
KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS**

**ALL OUR GROUPS
MEET MONDAY 7PM**

**TO FIND YOUR NEAREST
GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK**

**JOIN THE
CONVERSATION**

-  [andysmanclub](https://www.facebook.com/andysmanclub)
-  [andysmanclubuk](https://www.instagram.com/andysmanclubuk)
-  [@andysmanclubuk](https://twitter.com/andysmanclubuk)
-  info@andysmanclub.co.uk



#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!



LoveRespect

www.loverespect.co.uk

Have they ever...

- ♥ told you what to wear?
- ♥ made you feel bad for seeing friends?
 - ♥ checked your messages?
 - ♥ put you down in front of others?
- ♥ threatened to hurt you or themselves?

It's not love. It's control.

For advice go to
www.loverespect.co.uk

IS YOUR PARTNER WATCHING YOUR EVERY MOVE?



STAYING SAFE ONLINE

Free Guidance on Digital Stalking available from
www.womensaid.org.uk/onlinesafety

Scared of your partner or ex?

Talk to us any time, day or night.

Freephone 24 hour National
Domestic Abuse Helpline

0808 2000 247

Confidential,
non-judgmental support

Or reach us online:

www.nationalDAhelpline.org.uk

Refuge



For women and children.
Against domestic violence.

RECOVERME



STRUGGLING WITH GAMBLING?

GET ADDICTION
SUPPORT FROM
YOUR POCKET

DOWNLOAD THE APP

WITH
RECOVERME



Download NOW

USE **RECOVERME100** TO GET THE APP FOR **FREE FOR ONE YEAR**