

# Men's mental health support

Navigating mental health can be particularly challenging for men due to unique societal, cultural, and personal factors. Here is a list of organisations providing tailored mental health advice, support, and services specifically for men in the UK.



Dedicated to preventing male suicide by providing support through their helpline, webchat, and community campaigns.

[0800 58 58 58](tel:0800585858)

[thecalmzone.net](http://thecalmzone.net)



A peer-to-peer support group that provides a safe space for men to talk about their mental health struggles without judgement.

[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

[andysmanclub.co.uk](http://andysmanclub.co.uk)



Supporting Dads in ensuring children remain the priority after divorce, separation or bereavement.

[info@dadshouse.org.uk](mailto:info@dadshouse.org.uk)

[dadshouse.org.uk](http://dadshouse.org.uk)



A community-based initiative that provides men with a place to meet, socialise, and work on projects together.

[admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)

[menssheds.org.uk](http://menssheds.org.uk)

## MEN'S MENTAL HEALTH SUPPORT



Supporting men who have experienced bereavement by providing services such as outdoor activities, peer support, and counselling.

[hello@strongmen.org.uk](mailto:hello@strongmen.org.uk)

[strongmen.org.uk](http://strongmen.org.uk)



Providing support for men, boys, and non-binary people affected by sexual abuse through counselling, group therapy, and online support.

0203 598 3898  
[help@survivorsuk.org](mailto:help@survivorsuk.org)

[survivorsuk.org](http://survivorsuk.org)



Offering confidential support and advice to men experiencing domestic abuse through phone, email, and webchat services.

0808 801 0327  
[info@respect.uk.net](mailto:info@respect.uk.net)

[mensadvice.org.uk](http://mensadvice.org.uk)



Offering information, advice, and support on various health issues affecting men and runs campaigns to improve men's health.

[office@menshealthforum.org.uk](mailto:office@menshealthforum.org.uk)

[menshealthforum.org.uk](http://menshealthforum.org.uk)