Cygnet

Improving lives together

5 Everyday Ways to Support Men's Mental Wellbeing

Small actions can make a BIG difference

Tip 1

Encourage connection

Catch up over a coffee, walk or game

Friendship and community help reduce isolation and boost mood

Tip 2

Move more, feel better

Regular movement boosts mood and reduces stress

It doesn't have to be the gym – try walking, cycling or gardening

Tip 3

Support work-life balance

Help set boundaries around work

Encourage breaks, time off, and hobbies outside of work

Rest and routine protect against burnout

Tip 4

Highlight professional help

Therapy, helplines and workplace wellbeing programmes are confidential and effective

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Encourage men to explore what's available

Tip 5

Model openness

When men see others talk about mental health, it normalises it

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Lead by example – openness helps others feel safe

Know when to act

If someone talks about feeling hopeless or suicidal

In an emergency: **999**

Samaritans: **116 123**

Text **SHOUT** to **85258**

For health advice: **NHS 111**

Support starts with small steps

Every open conversation helps build a healthier future

Let's keep showing up – support saves lives

Read the full Guide to Men's Mental Health on the Cygnet website

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