



**Check in with
a mate.**



**Try something
new.**



**Show up for
someone else.**

SHIFT YOUR FOCUS.

A practical guide to help
build mental fitness.



**Take a moment
to yourself.**



**Get up and
move
your body.**



Things starting to feel heavy?

Low mood and stress don't usually turn up all at once, they build.

You might notice:

- You're more snappy or quieter than usual
- You're knackered, even after a decent sleep
- You're on edge, distracted, or fed up for no clear reason
- Things that normally don't bother you start getting under your skin

A lot of men brush this off with "I'm fine" or "could be worse". But just feeling a bit off is often the first sign that your mood is low. Checking in with yourself now and then helps you spot the signs early, and do something about them before they turn into something bigger.

When your head's full or you're stuck in a rough patch, shifting your focus, even for a few minutes, can help you reset and get back on track.

Practical tools for mental fitness.

These aren't big fixes or life overhauls. They're simple, everyday things you can work into your week that help keep your head in a better place.

Small actions, done regularly, help you feel more grounded and better able to deal with what life throws at you. You don't have to do all of them. Pick one. Give it a go. See what helps.

Check in with a mate

Staying connected matters, even if you don't talk about deep stuff.

A quick word on a break, a message to see how someone's doing, or just having a laugh can take the edge off. If it's been a while since you last spoke to a mate, send that text. Chances are, they'll be glad you did.



Get up and move your body

This isn't just about gyms or running marathons.

Walk the dog. Take the long way round. Stretch your legs between jobs. A bit of movement helps shake off stress and keeps you feeling steadier, especially if you've been stuck in your head.



Take a moment to yourself

Sometimes you just need to pause. Step away from the noise.

Get some fresh air. Take a few quiet minutes before the next job. Noticing what's around you, the weather, the sounds, the view, can help slow things down and clear your head.



Try something new

Doing the same thing day in, day out can wear you down.

Trying something different, even something small, wakes your brain up. Learn a new skill, fix something, listen to a podcast, or have a go at something you've not tried before. It can give you a lift and help you feel back in control.



Show up for someone else

Helping someone else helps your own head too.

Lend a hand. Share what you know. Check in on someone who might be struggling. Feeling useful and valued makes a difference, and it builds a culture where men look out for each other.



Where to find support if you need it.

You don't have to handle everything on your own.

The services below offer different kinds of support, from a chat and peer groups to counselling and specialist help. All are free or low cost, and most you can contact yourself. It is not an exhaustive list, if it is an emergency, please call 999.

UK-wide services

Men's Minds Matter

Suicide prevention and intervention support for men.

✉ contact@mensmindsmatter.org
 ↗ mensmindsmatter.org

Menfulness

Men's wellbeing support through activities, group work and counselling.

✉ hello@menfulness.org
 ↗ menfulness.org

RABI

Practical, emotional and financial support for the farming community.

✉ info@rabi.org.uk
 ↗ rabi.org.uk

The Farming Community Network (FCN)

Confidential helpline offering emotional and practical support.

✉ help@fcn.org.uk
 ↗ fcn.org.uk

The Ripple Pond

Support for families caring for someone with a military-related injury or trauma.

✉ help@theripplepond.org
 ↗ theripplepond.org

North Yorkshire

Andy's Man Club

Free weekly peer support groups for men with locations in Thirsk, Ripon, Pickering, Malton, Clifton, Whitby, Scarborough and online,

✉ info@andysmanclub.co.uk
➦ andysmanclub.co.uk

Men's Sheds Association

Community workshops where men can make things, learn skills and connect with locations across North Yorkshire.

✉ membership@ukmsa.org.uk
➦ menssheds.org.uk

SSAFA

Support for serving personnel, veterans and their families.

✉ northeast.region@ssafa.org.uk
➦ ssafa.org.uk/north-yorkshire

Yorkshire Agricultural Society (YRSN)

Practical, financial and emotional support for farming and rural communities.

➦ yas.co.uk/yrsn

Harrogate

Harrogate Baptist Church – Renew HG1

Cafe-style community space offering support, connection and time out.

✉ admin@harrogatebaptistchurch.org.uk
➦ harrogatebaptistchurch.org.uk

St Mark's Church – Men's Ministry

Supportive community for men through social gatherings and small group meet-ups.

☎ 01423 544528
➦ smch.org.uk/mens-ministry

Wellspring Therapy and Training

Affordable counselling and mental health support.

☎ 01423 881 881
➦ wellspringtherapy.co.uk

Ryedale

Next Steps

Drop-in support, activities and outreach to reduce isolation and support wellbeing.

✉ post@nextstepsryedale.co.uk
➦ nextstepsryedale.co.uk

Scarborough

Scarborough Survivors

Mental health and wellbeing hub offering support and guidance.

✉ reception.survivors@hotmail.com
➦ scarboroughsurvivors.org.uk

Selby

The Big Communithea

Low-level mental health and community support, including a drop-in centre and support line.

✉ admin@communithea.org.uk
➦ communithea.org.uk

Thirsk

Rural Arts

Creative activities and events supporting wellbeing and connection.

✉ admin@ruralarts.org
➦ ruralarts.org

York

Hub of Hope (The Haven)

Walk-in, non-clinical space offering calm, confidential support.

☎ 07483 141 310
➦ mhm.org.uk/the-haven-30-clarence-street

Serendipity York

Counselling support for a wide range of mental health needs.

✉ admin@serendipityyork.co.uk
➦ serendipityyork.co.uk

The Retreat Clinics

Personalised therapy services to support wellbeing.

☎ 01904 412 551
➦ theretreatclinics.org.uk

York Human Givens Wellbeing Centre

Practical, evidence-based talking therapy.

☎ 01904 637199
➦ yorkhumangivens.co.uk

If things feel urgent.

Sometimes things don't just feel heavy, they can feel unmanageable. If you're at a point where you feel unsafe, overwhelmed, or close to breaking, you don't have to deal with it alone. Help is available right now.

If it's an emergency call 999

If you need to talk to someone now

Samaritans

Free, confidential support,
24 hours a day. You don't have to
know what to say. You can just talk.

☎ 116 123
🔗 [samaritans.org](https://www.samaritans.org)

If you'd rather text than talk

Shout

A free text service, available 24/7. You'll
be connected to a trained volunteer
who can help you through the moment.

💬 Text SHOUT to 85258

If it's urgent but not an emergency

NHS 111

For urgent mental health help
and advice. They can tell you
what support is available in your
area and what to do next.

☎ 111

If you're worried about someone else

Trust your instinct. Staying quiet
can feel easier, but reaching out
can make a real difference. Stay with
them if you can and encourage them
to call one of the numbers above. If
you think they're in danger, call 999.

One last thing

Needing help doesn't mean you've failed.
It means things have got heavy, and you're
doing the right thing by not carrying it alone.

