

Men's Group – A monthly social and support group for men only

Do you have any mental health condition such as anxiety, depression, or low mood? Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to.

It's common to feel unsure, and to wonder whether you should try to handle things on your own. But **it's always ok to ask for help** – even if you're not sure you are experiencing a specific mental health problem.

Macho. Tough. Strong. Brave. We all know the traditional masculine stereotypes. Strong and silent. Never showing our feelings. But things are slowly changing and for the better.

Men's Group provides male members of staff and those who identify as male the opportunity to come together in a safe, supportive trusting environment. Come along and talk about whatever it is that is affecting your mental well-being.

Each month the group will be supported by NWSSP's Male Mental Health First Aiders, they will be on hand to talk and offer support if needed. If you feel you would be benefit, please feel free to come along, a warm welcome awaits you!

The group is independently organised by colleague Kerry Flower-Fitzpatrick for male colleagues to attend on a voluntary basis, as a space where anyone is free to attend to share experiences and support for other colleagues in similar situations living with, or caring for someone with, a mental health condition.

Next Group Meeting Dates:

- 5 July 2.30pm – 3.30pm
Led by Craig Chislett.
[Join the meeting here.](#)
- 9 August 10.30am – 11.30am
Led by Marcus Axworthy.
[Join the meeting here.](#)
- 13 September 2.00pm – 3.00pm
Led by Alwyn Hockin.
[Join the meeting here.](#)
- 10 October 11.00am – 12.00pm
Led by Owen Morgan.
[Join the meeting here.](#)
- 9 November 1.30pm – 2.30pm
Led by Joshua Morgan.
[Join the meeting here.](#)



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Group Rules

- You do not need to attend every session if you do not feel like it. Simply drop in when you want to or whenever you feel you would benefit from joining us
- You don't have to talk about yourself if you aren't feeling up to sharing; sometimes it just helps to listen and hear similar experiences; there will be no pressure to engage with the group, do so when you feel ready
- Please be respectful to others. It's only natural to want to give advice to others everybody's experiences and circumstances will be unique to themselves, so be mindful that what works for you may not work for others and vice versa
- Everything shared in the room will remain confidential
- If you are really struggling, we will encourage you to seek further help. We will offer resources and contacts to assist you if this is the case
- We may invite guest speakers from time to time from MIND Cymru and Time to Change Wales.

Safeguarding

- Our group has been set-up to give colleagues a safe space to share their mental health experiences within one another. Everything shared will be confidential but it is important that you know that if serious concerns arise like risk to life, we may have to contact support on your behalf
- If there is an **immediate risk** of you harming yourself, harming or being harmed by someone else then we will support you to seek immediate help and provide contacts
- If there is a **potential risk** of you harming yourself, harming or being harmed by someone else then we will encourage you to seek help provide you with contacts.

Please find below a list of contacts should you feel you need them:

- Samaritans – 116 123
- NHS WALES Telephone - 111
- SHOUT Text Service - Text 85258
- EAP – 0800 24 34 58
- SANE line – 0300 304 7000
- Young MINDS – 0808 802 5544
- REMPLOY – 0300 456 8114
- Mind 0300 123 3393.

