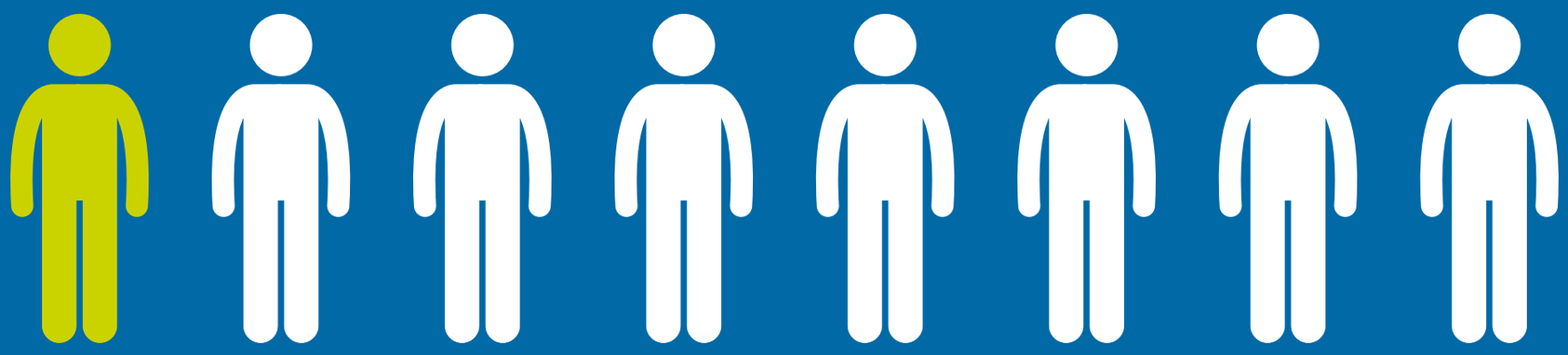
Cygnet

Improving lives together

Opening the Door to Men's Mental Health

Tips to knock the silence around men's mental health on the head



1 in 8 men experience a mental health problem, yet many don't seek help*.

It's time to open the door to honest conversations about mental health.

Here's how you can help men open up.

*NHS

Tip 1

Choose the right moment

Keep it relaxed and private

Try chatting during a walk,
drive or quiet moment
– no pressure, no audience

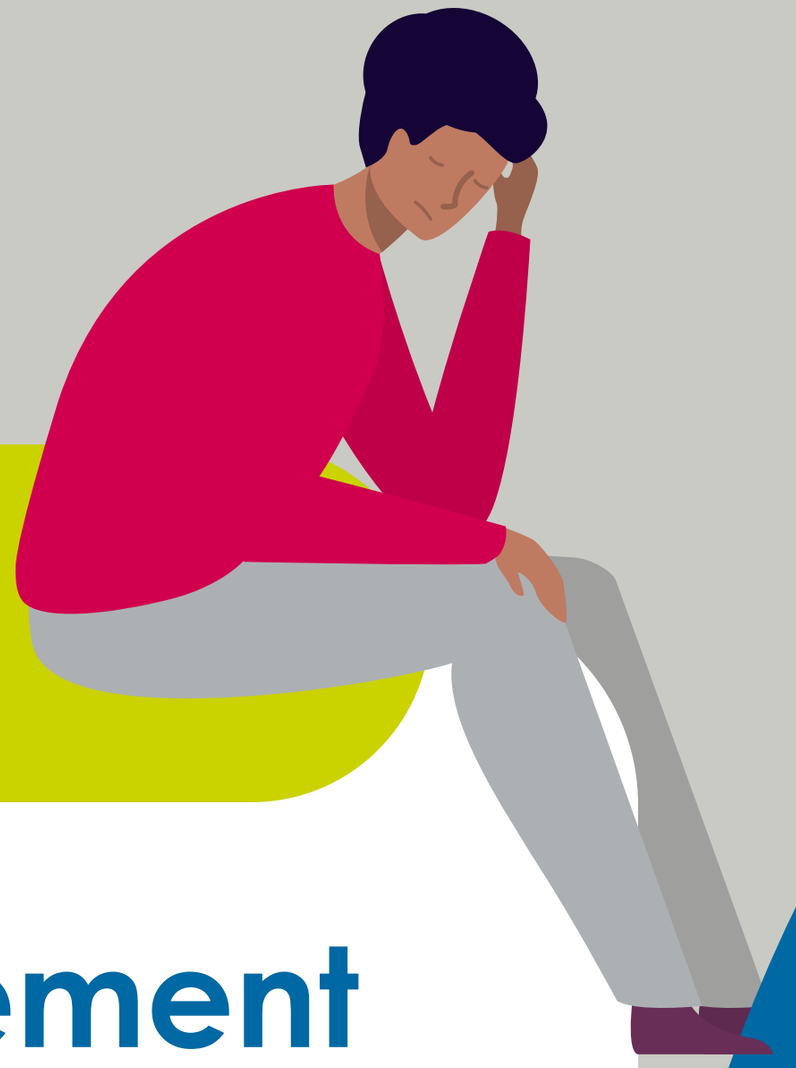
Tip 2

Start with care, not confrontation

Use gentle concern:

"I've noticed you haven't seemed yourself lately"

"You seem under pressure – want to talk?"



Tip 3

Listen without judgement

Don’t rush to fix anything – just listen

“That sounds really tough”

“I can see why you’d feel that way”

Tip 4

Normalise their feelings

Remind them:

Struggling doesn't make you weak

Many men feel this way – it's okay to talk about it

Tip 5

Offer practical help

Suggest small steps:

Book a GP appointment

Try counselling

Join a support group

Offer to help or go with them

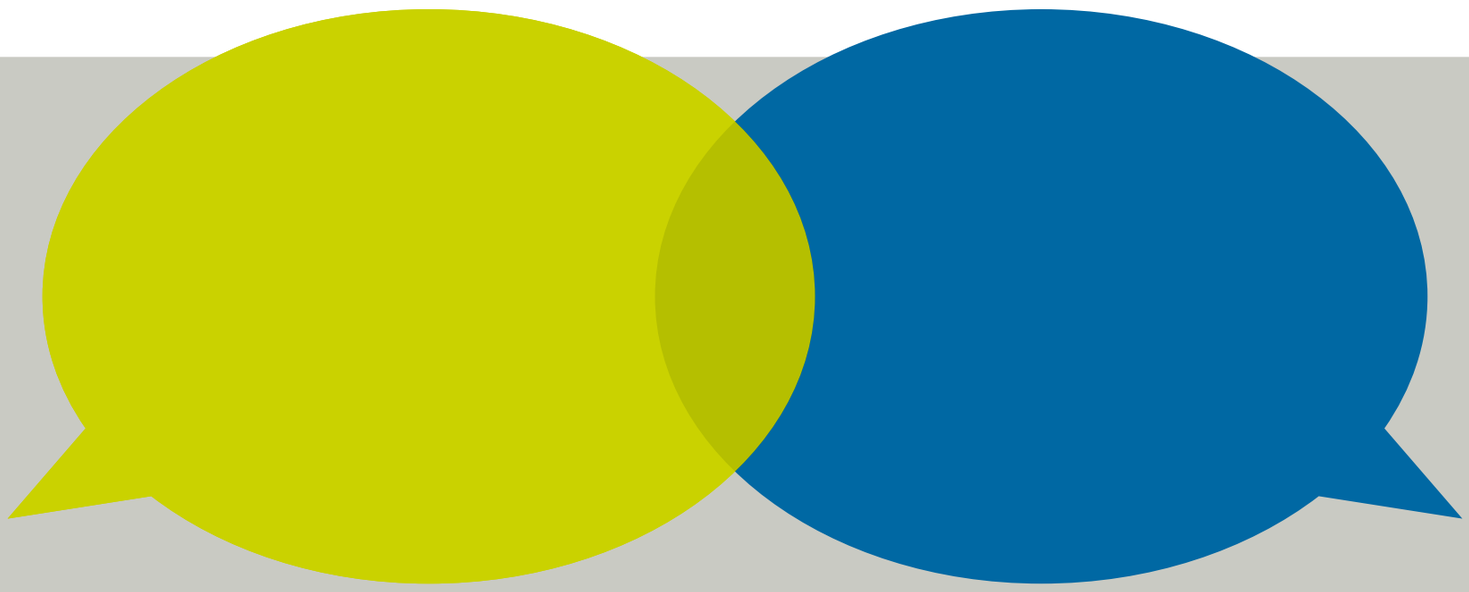
Tip 6

Keep checking in

Even if they don't
open up right away,
your support matters

Stay present

Keep the door open



If someone is in crisis, encourage them to reach out for immediate help:

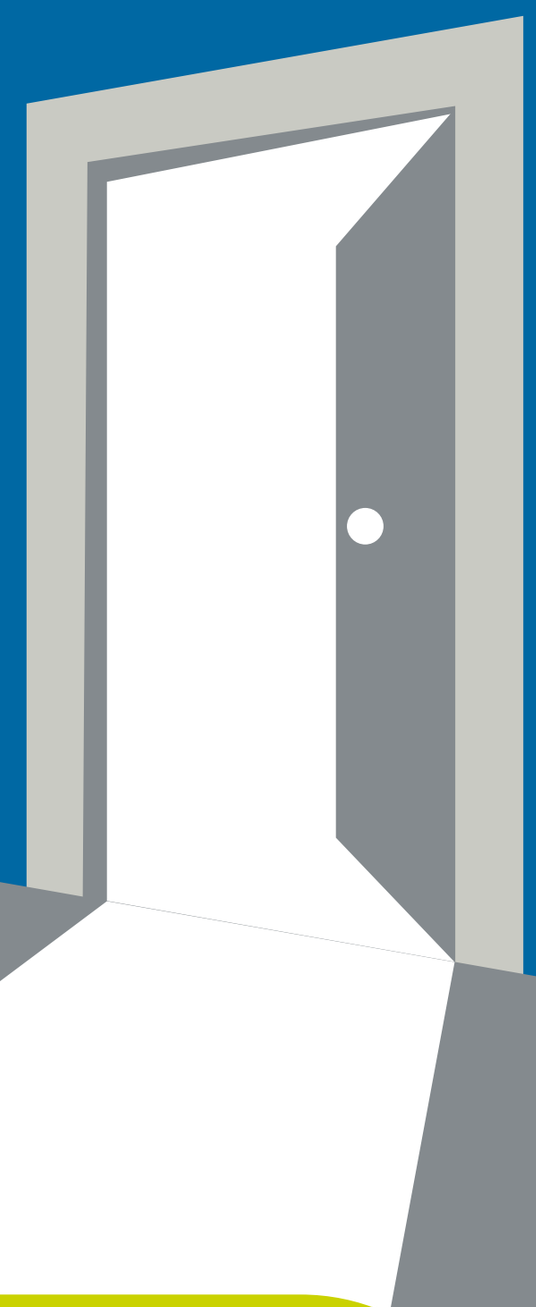
In an emergency: **999**

Samaritans: **116 123**

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

For health advice: **NHS 111**

Every conversation opens a door



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