How to Support the Men in Your Life

When it comes to men's Mental Health, words matter. Many men grow up being told to "man up" or "stay strong," so opening up can feel uncomfortable or even shameful. How we respond in those moments can either help them feel safe or shut them down.

Here are some ways to support the men in your life with empathy, understanding, and care:

🗣️ How to Start the Conversation

Starting the conversation can feel awkward especially when you're not sure what to say. But reaching out, even in a small way, can make a big difference. The goal is to create a safe, calm space where he feels seen and supported.

Here are a few gentle ways to open the door:

- "Hey, you've seemed a bit quiet lately. How are you doing, really?"
- "I've noticed you haven't been yourself. Do you want to talk about what's been going on?"
- "I know things have been tough. I just want you to know I'm here if you ever need to talk."
- "You don't have to go through this alone. I care about you."
- "Would it help to take a walk or grab a coffee and chat?"

Tips:

- Choose a private, comfortable setting, men often open up more when they feel safe.
- Keep your tone calm and caring, not confrontational.
- If he's not ready to talk, don't push. Remind him that you're there when he's ready.

Even if it feels small, that first check-in might be the moment he realises he doesn't have to face it alone.

✅ What to Say

- "I'm really glad you told me."
- "You're not alone in this."
- "It sounds like you're going through a lot — how can I help?"
- "It's okay to feel this way."
- "Have you thought about talking to someone, like SADAG or a counsellor?"

🚫 What Not to Say

- “Be strong / Man up / Get over it.”
- “Other people have it worse.”
- “You just need to think positive.”
- “You’re fine — stop worrying.”
- “Why didn’t you say something sooner?”

💡 How You Can Show Support

- **Listen more than you speak.** Let silence be okay — sometimes men just need to be heard.
- **Check in regularly.** A message or call can remind someone that you care.
- **Keep their trust.** Respect confidentiality and avoid judgment.
- **Encourage small steps.** Help him focus on today, not everything at once.
- **Share SADAG’s details.**

📞 0800 456 789 | 💬 WhatsApp 087 163 2030 | 🌐 www.sadag.org

💔 Remember

You don’t need to have all the answers. Just being there, listening, and showing care can make all the difference.
Your voice, your presence, and your kindness could be what helps a man choose to hold on, to heal, and to talk.