



Support for Men

Navigating Tough Times



Find your way to the resources you need



Sutton

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For easy access to the links mentioned in this booklet,
please scan the QR code or visit www.sutton.gov.uk/ntt



Welcome

This guide is designed to help men who are navigating tough times. Remember, reaching out for help is a sign of strength, and using this guide is your first step to finding the support you need.

You are not alone. It's perfectly okay to not feel okay.

Everyone's journey through life comes with its own set of challenges, and sometimes, these can feel overwhelming. It's important to know that feeling distressed, or struggling is not unusual, it's a part of being human.

Let's take this journey together.



Financial Support & Advice

Financial challenges can happen to anyone, and facing them doesn't mean you've made a mistake or lacked foresight.

The cost of living crisis has shown how quickly situations can change, shaking up personal finances and creating uncertainty. A job loss, or unexpected changes to monthly outgoings, like increased rent or mortgage costs, can create difficulties.

Feeling overwhelmed is understandable, but it's crucial to know that support is available.

This section has organisations that can help and advise you on everything from debt management to accessing benefits to help you regain control of your finances.

Citizens Advice Sutton

Citizens Advice provides a range of free, confidential debt advice and can help you explore solutions to manage your debt.



debtadvice@citizensadvicesutton.org.uk



www.citizensadvicesutton.org.uk

Money Helper UK

The Money Helper website offers guidance on managing debt and helps you find the right free debt advice service for your situation.



www.moneyhelper.org.uk

Cost of Living Support

Sutton Council's website has links to support provided by the Council, community groups, local charities, and partners.



www.sutton.gov.uk/cost-of-living-support

Family & Relationship Support

Tough times can put a strain on even the strongest relationships. Whether you're dealing with relationship issues, navigating separation or divorce, facing difficulties in maintaining a connection with your child, or coping with the pain of bereavement, these can take a significant toll.

This section has organisations that can support you and those close to you to navigate these hurdles.

02



Relate: Face-to-face Counselling & Support

Relate can help you make the most of relationships; past, present or future. Services include relationship counselling, family counselling, mediation, sex therapy and more.



030 0100 1234



NewEnquiries@relate.org.uk



www.relate.org.uk

Cruse: Bereavement Support

Cruse can help support you with grief, no matter how much time has passed.



0808 8081 677



www.cruse.org.uk

Family Hubs

Family Hubs can support you as a parent or carer to navigate services for your child's early years through to adulthood.



020 8770 6000



familyinfo@sutton.gov.uk



<https://suttoninformationhub.org.uk/pages/family-hubs>

Not Alone in Sutton

Not Alone in Sutton has resources to help if you are experiencing domestic abuse or know someone who is.

Male only One Stop Shop: provides support for male victims and survivors of domestic abuse (DA). View website for location and opening hours.

- No appointment necessary
- Free advice and support from qualified DA professionals
- Solicitor



020 8092 7569 (Transformation team) or you can call the FREE 24 Hours National Domestic Abuse Line on 0808 2000 247



www.notaloneinsutton.org.uk

Substance Use & Gambling Support

It's all too easy for anyone to find themselves relying on substances, like alcohol or drugs, or behaviours such as gambling to cope with life's pressures.

What might begin as an occasional escape can quickly become an issue that impacts health, relationships, and wellbeing. Recognising this and deciding to seek help is a courageous step towards recovery.



Cranstoun Inspire

Cranstoun Inspire can support you if you want to change your alcohol and/or drug use.

Cranstoun Inspire, Orion House, 19 Cedar Road, Sutton, SM2 5JG

View the website for opening hours.



020 8773 9393



info-inspire@cranstoun.org.uk



<https://cranstoun.org/help-and-advice/alcohol-other-drugs/inspire-sutton/>

Alcoholics Anonymous (AA)

AA can help you if you are having trouble with your drinking, or if it has reached the point where it worries you. They can help explore different paths to support, finding one that works best for you.



0800 9177 650



help@aamail.org



www.alcoholics-anonymous.org.uk

GamCare

GamCare can help you access the right support if you are experiencing difficulties with gambling or are impacted by someone else's gambling.



0808 8020 133, 24 hours a day, seven days a week.



WhatsApp with a Helpline adviser on 020 3031 8881.



www.gamcare.org.uk

Legal Support

Legal issues, from minor infractions to more complex disputes, can quickly complicate life. These challenges may seem daunting, adding stress and uncertainty to your daily life.

Recognising the need for support and getting the right legal advice can help you tackle legal issues, reduce stress, and work towards a positive outcome.



Citizens Advice Sutton

Citizens Advice can offer you free, independent, confidential legal guidance to help you understand your rights. This can help you understand your situation better and decide what steps to take next.



020 8405 3552



Drop in service at our Sutton office - under the Central Library, St Nicholas Way, SM1 1EA (visit the website for opening hours)



www.citizensadvice Sutton.org.uk

South West London Law Centres

SWL Law Centres can help you understand and defend your rights. Providing free and independent legal advice on a range of social welfare issues.



www.swllc.org

Five Ways to Wellbeing



1

Connect with the people around you. With family, friends and neighbours.



2

Be Active. Go for a walk or run with your favourite playlist. Visit a leisure centre. Garden. Play a sport.



3

Keep Learning. Try something new. Rediscover an old interest. Explore something new.



4

Give. Do something nice for a neighbour. Thank someone. Volunteer your time.



5

Take Notice. Be mindful, observe the unusual. Notice the changing seasons. Savour the moment.

05

Visit www.nhs.uk/live-well/ for more wellbeing advice.



Connect

The Proper Blokes Club

The Proper Blokes Club organises men-only walks, providing an opportunity to meet up with others in a non-judgemental environment and 'walk and talk' to share experiences.



07397 501110



theproperblokesclub@gmail.com



www.theproperblokesclub.co.uk

Sutton Men in Sheds

Men in Sheds can provide you with a way to connect with others, as well as create and pursue new interests.



020 8648 3917



meninsheds@communityactionsutton.org.uk



<https://hillhousesthelier.co.uk/page/activities>



Be Active

Parkrun

Parkrun is a free, community event where you can walk, jog, run, volunteer or cheer! No one finishes last, everyone's welcome!



www.parkrun.org.uk



Keep Learning

Sutton College

Sutton college has a wide range of part-time and evening courses available. Learn computerised accounts, woodwork, British Sign Language, coding and more! Financial assistance may be available.



www.suttoncollege.ac.uk



Give

Volunteer Centre Sutton

The Volunteer Centre can help you to find a volunteering opportunity, meaning you can give back to your community, gain experience, whatever your interest, skills or availability.



020 8661 5900



<https://vcsutton.org.uk/contact-us/>



Take notice

Good Thinking Resources

Good Thinking offers a range of online resources and tools, such as meditation, mindfulness, podcasts and blogs, to help you support your mental health and wellbeing.



www.good-thinking.uk

Mental Health Support Services

It's common for men to feel uncomfortable discussing their mental health, yet many are silently grappling with feelings that life isn't quite what it used to be.

If you're feeling worn out, not coping as well as you think you should, or just generally overwhelmed, know that these experiences are more common than you might think.

Whether it's practical advice on managing stress, guidance on seeking professional help, or simply understanding that it's okay to not be okay.

This part of the booklet has organisations that are here to support your mental wellbeing.

06



Campaign Against Living Miserably (CALM)

CALM provides support for anxiety, depression and more. Hear advice from ambassadors such as Declan Rice.



0800 58 58 58



thecalmzone.net (access resources and webchat)

Sutton Talking Therapies (previously Sutton Uplift)

STT offers free and confidential psychological therapies to support you in managing common mental health challenges.



0800 0321 411 / 020 3513 4044



SuttonTalkingTherapies@swlstg.nhs.uk



<https://swlstg.nhs.uk/sutton-talking-therapies>

Sutton Mental Health Foundation (SMHF)

SMHF runs a service which provides a community of mental health support based around the 5 Ways to Wellbeing.



020 8770 0172



admin@smhf.org.uk



smhf.org.uk

Crisis Intervention Services

In moments of crisis, immediate help is available.

Here, you'll find emergency contact numbers and information on accessing urgent support services when you need them most.

If your life is at risk right now, because you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please:

- Call **999** for an ambulance
- Go straight to **A&E**, if you can
- Call the South West London Mental health crisis line
0800 028 8000



Samaritans

To talk about anything that is upsetting you, you can contact the Samaritans 24 hours a day, 365 days a year.



116 123 (free from any phone)



jo@samaritans.org (reply within 24 hours)

South West London Mental Health Crisis Line

The Mental Health Crisis Line can provide you with emotional support and advice if you are affected by urgent mental health issues.



0800 028 8000

Anyone can call this helpline, at any time.

Sutton Crisis Cafe

Sutton Crisis Cafe provides a safe space and crisis support, 7 days a week. 6:30pm - 11pm (last admission 10:30pm).



0800 0129 082



smhf.org.uk/suttoncrisiscafe/



The Black Dog

Depression is sometimes referred to as the 'Black Dog'. Just like a real dog, it needs to be embraced, understood, taught new tricks, and ultimately brought to heel.

**For signs and symptoms
please watch
'I Had a Black Dog'
<https://youtu.be/XiCrniLQGYc>**

**S
C
A
N**



No matter where you are on your journey,
asking for help is a courageous step,
unlocking the next piece of the road.



