THE QUIET CRISIS

Men and boys need our support

International Men's Day | 19 November 2026

Resources for Men and Boys' Mental Health

YOUTH TALK
We're listening

STANTA
St Albans Enterprise Agency

This guide has been created by Youth Talk and STANTA to support men and boys' mental health. Whether you are looking for immediate help, professional support, opportunities to connect with others, or guidance on supporting someone you care about, we hope these resources help you take the next step.

If you are worried about your own mental health or someone else's, you do not have to figure things out alone. Support is available.

Emergency Support

Need urgent help?

If someone is in immediate danger, call 999. If you are having thoughts of suicide or are in crisis, contact emergency support services immediately.

- **Samaritans**

24/7 emotional support for anyone who needs someone to listen.

☎️ 116 123 🌐 https://www.samaritans.org

- **Shout**

Free, confidential 24/7 crisis text support.

📱 Text SHOUT to 85258 🌐 www.giveusashout.org

- **NHS 111 Mental Health Support**

If you need urgent mental health support, call 111 and select Option 2. 🌐 www.nhs.uk/111

- **HPFT Mental Health Helpline**

24/7 urgent mental health support for Hertfordshire residents of all ages.

☎️ 0800 6444 101 🌐 www.hpft.nhs.uk

Professional Mental Health Support

- **Youth Talk**

Free and confidential counselling for young people aged 13 to 25 across St Albans, Harpenden and surrounding villages.

☎️ 01727 868684 🌐 www.youthtalk.org.uk/get-help

- **HPFT Single Point of Access (SPA)**

Access to NHS mental health services across Hertfordshire.

☎️ 0300 777 0707 🌐 www.hpft.nhs.uk

- **The Counselling Foundation**

Affordable counselling services, including support for young people and adults.

☎️ 01727 856693 🌐 www.counsellingfoundation.org

- **James' Place**

Free, specialist therapy for men experiencing suicidal crisis. 🌐 **www.jamesplace.org.uk**

Peer Support & Community Groups

- **Andy's Man Club**

Free peer support groups where men can talk openly about whatever is on their mind.

🌐 andysmanclub.co.uk

- **Men Walking and Talking**

Friendly local walks that bring men together, reduce isolation and create space for conversation.

🌐 www.menwalkingandtalking.co.uk

- **Empty Chairs**

A community-led initiative helping people connect over a coffee or drink. No booking, no pressure, and no need to explain why you're there. 🌐 emptychairs.org.uk

- **Services for Young People Hertfordshire**

Youth work, advice, guidance and wellbeing support for young people across Hertfordshire.

🌐 servicesforyoungpeople.org

Supporting Someone Else

- **Youth Talk Resources for Parents & Carers**

Practical guidance on recognising the signs that a young person may be struggling and how to start supportive conversations. 🌐 youthtalk.org.uk/for-parents

- **YoungMinds**

Advice and practical guidance for parents, carers and families supporting a young person's mental health. 🌐 www.youngminds.org.uk

- **The Ollie Foundation**

Suicide prevention information, training and practical resources for individuals, families and communities. 🌐 www.theolliefoundation.org

Information & Reading Resources

- **Reasons To Stay**

Anonymous letters from people who have been through difficult times, offering hope, connection and a reminder that no one is alone. 🌐 reasonstostay.org

- **Just Talk Herts**

Information, advice and local mental health resources for young people and families in Hertfordshire.

🌐 www.justtalkherts.org

- **Health for Teens**

Trusted information on emotional wellbeing, relationships, physical health and where to get support locally. 🌐 www.healthforteens.co.uk

- **Stay Alive App**

A free suicide prevention app with safety planning tools, crisis support and local service directories.

🌐 www.stayalive.app

- **Hub of Hope**

A national mental health directory that helps you find local support services based on your postcode.
🌐 www.hubofhope.co.uk

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Youth Talk is a registered charity. Charity number: 1063572.

Get in touch with the Youth Talk team
☎️ 01727 868684
📫 info@youthtalk.org.uk
🌐 youthtalk.org.uk

You don't have to carry it all alone.

Every age. Room to talk.

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