

HOPE THERAPY & COUNSELLING SERVICES

# Men's Mental Health

*Counselling for men who've been carrying it alone.*

Qualified counsellors supporting men's mental health across England — online nationwide and face-to-face. A confidential space to work through what you're facing, without pressure, without judgement.

**NCPS ORGANISATIONAL MEMBER**

**EXPERIENCED MEN'S COUNSELLORS**

**FROM £65**

**FREE 15-MIN CONSULTATION**

## THE SCALE OF THE ISSUE

## The gap between need and help-seeking is even larger than the numbers

**1 in 8**

men experience depression or anxiety at any one time

**75%**

of suicide deaths in the UK are men — leading cause of death under 50

**36%**

of men with a mental health difficulty seek professional help

**40%**

of men wait until crisis point before talking to anyone

## WHY IT'S HARDER TO ASK FOR HELP

## The barrier isn't awareness — it's what feels acceptable

*"Decades of cultural messaging that equates asking for help with weakness don't disappear overnight. They shape what feels possible, and what feels like a risk."*

The result is that many men wait. They manage. They absorb the pressure until it starts to come out sideways — as irritability, as withdrawal, as alcohol use, as physical symptoms that won't explain themselves. Depression in men often doesn't look like the stereotype. It may show up as constant anger, a loss of motivation, an inability to feel pleasure in things that used to matter, or an increasingly desperate need to stay busy.

**None of this is weakness.** Counselling doesn't ask you to perform vulnerability. It offers a practical, private space to work out what's happening, understand it more clearly, and find a way forward.

**Professional registration:** Hope Therapy & Counselling Services holds NCPs Organisational Membership. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

SPECIALIST SUPPORT

## Nine dedicated areas of men's mental health

### Depression & Anxiety

Often showing up as irritability, withdrawal, or recklessness rather than overt sadness — understanding these signs is the first step.

### Relationships & Communication

When relationships are strained and communication breaks down — exploring patterns and building skills for clearer, calmer conversations.

### Workplace Stress

Work pressure, burnout, job insecurity, and the weight of the provider role — practical tools for managing stress and redrawing the line between work and life.

### Anger & Conflict

Anger is often the visible surface of something deeper. Counselling helps men understand their triggers and find healthier ways to express intense emotions.

### Midlife & Ageing

Questions of purpose, identity, and what comes next — processing career plateaus, relationship changes, and fears about ageing and mortality.

### Health & Chronic Conditions

A diagnosis affects far more than the body — it can shake identity, relationships, and confidence. Processing the emotional weight of illness.

### Fatherhood & Parenting

The transition to fatherhood, co-parenting after separation, the emotional demands of being a dad — rarely talked about, always significant.

### Body Image & Self-Esteem

Pressure around physical appearance and masculinity affects many men deeply. Counselling provides a space to explore this honestly.

### Addiction & Coping

Alcohol, gambling, overwork — coping mechanisms men commonly turn to when struggling. Counselling addresses what lies beneath the behaviour.

Full information on each area is available at [hopefulminds.co.uk](https://hopefulminds.co.uk). Your therapist will work with whichever is most relevant to you — many of these overlap.

## WHAT COUNSELLING ACTUALLY LOOKS LIKE

# One of the most common things men say after their first session is that it wasn't what they expected

There is no pressure to talk about feelings in a particular way, no expectation you'll cry, no sense of being analysed or judged. It's a conversation with a professional who has no stake in your decisions and no agenda beyond helping you work out what's going on. Many men find a structured approach like CBT suits them — practical, goal-oriented, something concrete to take away. Others find it useful simply to say things they've never said aloud. There's no right way to do this.

## THERAPEUTIC APPROACHES

# Matched to your situation and communication style

### Counselling

A non-directive, confidential space to talk through what's happening — without advice you didn't ask for. Particularly useful for processing difficult experiences or making sense of patterns. From £65.

### CBT

Practical, structured, and results-focused. Well-suited to men who want concrete tools for managing anxiety, depression, or unhelpful thought patterns — and who prefer to work towards a clear outcome. From £65.

### EMDR

Particularly effective for trauma and PTSD. Doesn't require extensive verbal processing — many men find it easier to work with than traditional talk therapy for trauma-related issues. From £95.

## GETTING STARTED

### 1 Free 15-minute consultation

A low-key call with our booking team. We listen to what's going on and discuss whether counselling could help. No pressure, no obligation to book.

### 2 Matched with a therapist

We match you with one of our 90+ qualified therapists based on your needs and what matters to you. If it doesn't feel right, we'll find someone else at no extra cost.

### 3 Your first session

Your therapist takes time to understand your situation first. No rush, no script — you set the pace and decide what to focus on.

## WHAT OUR CLIENTS SAY

## Client experiences

“

*I was sceptical going in. I'd never talked to anyone before. Within three sessions I felt like something had actually shifted — I understood what was happening and had a way to deal with it.*

**CLIENT — STRESS & LOW MOOD**

“

*I was snapping at my kids, withdrawing from my partner, working all hours to avoid thinking. My counsellor helped me see it wasn't a work problem — it was something else entirely. That clarity was worth everything.*

**CLIENT — DEPRESSION & RELATIONSHIPS**

“

*Online sessions worked better than I expected. I could do them from home without anyone knowing, which made it easier to actually start. The therapist they matched me with was exactly the right fit.*

**CLIENT — MEN'S COUNSELLING ONLINE**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

### Will my counsellor understand how I experience things as a man?

Yes. Our therapists are experienced in working with men and understand the particular ways that depression, anxiety, stress, and relationship difficulties can present — including the tendency to express emotional pain through irritability, withdrawal, or overwork rather than directly. You won't need to justify or explain what it's like to be you.

### How is counselling different from talking to a friend?

A counsellor is a trained professional with no stake in your decisions, no prior relationship to protect, and no agenda beyond supporting you. You can say things in a session that you might not say to a friend — without worrying about the impact on the relationship, or about being judged. Many men find it easier to open up to a counsellor than to anyone in their personal life.

### Is online counselling really effective?

Yes. All our counsellors offer sessions via Zoom or telephone. Many men find online counselling removes practical barriers — no travel, no waiting room, no being seen walking into a building. You can access support from anywhere in the UK, at times that fit around work and family life.

## When you're ready — we're here.

A free, no-obligation 15-minute call. No pressure — just a chance to talk it through and see if we can help.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** We are not a crisis or emergency service. If you are in crisis, please contact one of the services below.

**999** — Emergency · **Samaritans: 116 123** — Free, 24hrs · **CALM: 0800 58 58 58** — Men's crisis line, 5pm-midnight daily

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*It's not weakness.  
It's carrying something  
that would be easier  
to put down.*

Hope Therapy & Counselling Services offers counselling, CBT, EMDR, and a range of specialist approaches for men's mental health — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes experienced men's counsellors who understand how mental health presents in men.

**TELEPHONE**

07379 538411

**EMAIL**

[contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**WEBSITE**

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

**FREE CONSULTATION**

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

**ALSO  
FROM US**

**The Talk Room Podcast** — men's mental health covered honestly, including how depression and anxiety really present in men and what getting support actually looks like. Search **The Talk Room** on Spotify and YouTube.

**CALM (Campaign Against Living Miserably):** 0800 58 58 58 — men's crisis helpline, free, 5pm to midnight daily. Not for Hope Therapy — an independent service for men in crisis.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.