

“Hi”

SPACE

BREATHING



You've just done the hardest part

It's not easy for men to pick up the phone and talk about problems or emotions. We're not ones to open up. Instead we bottle things up. That's why there's Breathing Space. They try and make it easier for us to talk about what we're going through.

**Call in strict confidence on
0800 83 85 87**

**Open up when you're
feeling down**

**“I don’t
know why I’ve
called”**

SPACE

BREATHING

That's ok

We all have our off days. But it's how you deal with them. Men tend to sweep problems under the carpet and not let emotions get the better of them. But the longer you leave them, the worse they might get. So the sooner you talk to Breathing Space, the better you might feel.

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**Open up when you're
feeling down**

“Hello”

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Sometimes it's a big word to say

For men to talk about their problems or emotions is a big deal. We're not used to opening up. Our worries are for us and nobody else. But what if there was somebody who understood and wanted to help? Breathing Space could be that somebody.

**Call in strict confidence on
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**Open up when you're
feeling down**

**“I...errr...
you know...”**

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In your own time, in your own words

Sometimes you just don't feel right but can't quite put your finger on why. It could be something at work, or something at home. It could be something or nothing. But you won't know unless you talk about it. A good place to start is Breathing Space.

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**Open up when you're
feeling down**

**“I’m not
sure where
to start”**

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That's a start in itself

You don't know how important those opening words are. For men to pick up the phone, let alone start to talk about how they're feeling, isn't easy. But Breathing Space try and make it easier. Once you talk to them, your problems might not seem so big.

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