

Please note all information provided in this booklet was correct at time of publication. Always check via contact or websites for the respective organisations for latest details.

This booklet has been compiled by **Rethink Mental Illness** services within Wiltshire.



This booklet is available to download from:
rethink.org/wiltshirewellbeingcafes

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness
Phone **0121 522 7007** or
email **info@rethink.org**

Published: March 2025

rethink.org

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**Rethink
Mental
Illness**

Including national support

Men's mental health and support in Wiltshire



This guide provides you with a quick reference on what support there is available for men's mental health in Wiltshire.

Below are some of the in-person groups or activities tailored for men across the county.

Rethink Football sessions for men to team up and be part of a safe group where they can talk openly and freely without judgement.

 **Chippenham**
rethink.org/rethinkfootball

Man Down provide informal peer support talking groups for men with mental health concerns.

 **Trowbridge, Melksham and Devizes**
mandown-uk.co.uk

WAM - We Are Men provide a safe place where you are able to talk to others that understand, without being judged.

 **Warminster**
FB: @WAMWeAreMen

Men's Sheds are creative community spaces for men to connect

 **Bradford on Avon, Calne, Chippenham, Devizes, Tidworth and Ludgershall, Melksham, Westbury, and Wilton**
menssheds.org.uk

Kickstart FC provide peer support for those who struggle with poor mental health, mental ill health, and social isolation (using football and an ethos of 'tackling the mind').

 **Tidworth**
kickstartfc.org

Doorway Project provide a support group for men

 **Chippenham**
doorwayproject.org.uk

"I've found meeting in a group with likeminded people to be a breath of fresh air."

- Rethink Football attendee

Other opportunities

Wiltshire Wildlife Trust offer a Men's Wellbeing in Nature Programme. Confidence building and connecting with others via nature activities.
wiltshirewildlife.org

Talk Club male mental health charity with online support groups and are always keen to find Captains for any new in-person groups.
talkclub.org

Andy's Man Club are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online.
andysmanclub.co.uk

Across Wiltshire and nation-wide



Survivors UK support male and non-binary survivors of sexual violence, providing counselling, practical help and community support
survivorsuk.org



Mankind provide support for male victims of domestic abuse and domestic violence. Also operate a confidential helpline.
mankind.org.uk



Respect operate a helpline for male victims of domestic abuse. Also offer guidance for frontline workers and friends and family.
mensadviceline.org.uk

Some tips and guidance



Learn to ask for help – don't hesitate to go to the GP or speak to someone when you need some support or help.



Be there for other men – don't be afraid to be there and talk to other men in your life about issues and feelings.



Focus on being yourself, not just 'a man' – avoid putting pressure on yourself to conform to what society may deem 'manly'.



Follow healthy social media – choose webpages and feeds that you can relate to and switch off from the others.



Switch off – in a way that works for you, with a book, film, video game etc.



Be active – get physically moving and active in a way that you enjoy and doesn't feel like forced 'exercise'.