

# Men's health: mental health conversations



## Work group chat .

Monday again...

Yeah, the weekend flew by. Got much on this week?

Loads. So stressed but no motivation. Feeling really overwhelmed.

That's rough. Did you say you'd called your GP?

Couldn't get through. All feels a bit hopeless. 😞

Give it another go. Wanna grab a coffee later? We can have a proper chat.



Talking about mental health can be tough.

Try these resources to give you the confidence to have the conversation:

- [CALM – Campaign Against Living Miserably](#)
- [Movember conversations](#)
- [Men's Health Forum](#)
- [NHS mental health advice](#)
- [Mind.org mental health support](#)