

DADS

Dads in Mind - dedicated dads' worker and peer support for dads who are feeling stressed, anxious or isolated supporting a partner with peri-natal depression .

www.bluebellcare.org/index.php?page=dads-in-mind

Fathers Reaching Out - an online and social media support group and network for dads' mental health
www.reachingoutpmh.co.uk

Cry-Sis - helpline for parents dealing with a crying or sleepless baby, 9am - 10pm every day

08451 228 669 www.cry-sis.org.uk



Community Access Support Service (CASS) works with community, equality and faith groups in Bristol to access mental health and emotional wellbeing support.

www.cassbristol.org

0117 304 1400 info@cassbristol.org



@CASSBristol



CASSBristol



CASS is part of Bristol Mental Health:
www.bristolmentalhealth.org

CASS is managed by the Healthy Living Consortium



Please contact organisations to check times of meeting and groups

Correct as of November 2018

Emotional Wellbeing for Men



Mental Health support for men in Bristol



LOCAL SUPPORT

Man Alive! - runs activities for men living in and around Filwood and Knowle.

0117 377 2255

[www.knowlewesthealthpark.co.uk/
project/man-alive/](http://www.knowlewesthealthpark.co.uk/project/man-alive/)

Men's Crisis House - supports men who are experiencing mental health problems where hospital admission may be the only alternative. People are able to self-refer.

0117 934 9848

[www.bristolmentalhealth.org/services/
mens-crisis-house](http://www.bristolmentalhealth.org/services/mens-crisis-house)

Nilaari - run a range of courses on mood, anger and masculinity. Check for availability of specific courses

0117 952 574

www.nilaari.co.uk/courses/

Men's Sheds Association - improve wellbeing by providing local spaces where men can get together to do the things they might otherwise do alone in their shed. Find your local shed:

menssheds.org.uk

Men's' Breakfast - get together for men every other Thursday, 10 am to 12.30 pm at Hartcliffe Roundhouse. Call for dates and more information

0117 9038044

NATIONAL SUPPORT

Men's Health Forum - online resources around both physical and mental health topics.

www.menshealthforum.org.uk

The ManKind Initiative - support and information helpline for men suffering from domestic violence or abuse by their current or former partner.

01823 334244

www.mankind.org.uk

Campaign Against Living Miserably (CALM) - provides support for men through a helpline and webchat service. Helpline 5pm to midnight 365 days a year: **0800 58 58 58**.

Webchat available 5pm to midnight 365 days a year: www.thecalmzone.net

Samaritans - confidential and non-judgemental emotional support, 24 hours a day by phone or email

116 123

jo@samaritans.org

www.samaritans.org