

National Services

Dads Unlimited

A mental health charity that supports Dads through family separation and male victims of domestic abuse by providing advice, support, and community activities

T: 01233 680150

E: support@dadsunltd.org.uk

W: www.dadsunltd.org.uk

Survivors UK

Support for men, boys and non-binary people effected by sexual violence. Includes a web chat

T: 02035 983898

E: help@survivorsuk.org

W: www.survivorsuk.org

Crisis Services

Samaritans 24/7

116 123

AWP Mental Health Crisis Line

0800 953 1919



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

www.cassbristol.org

0117 304 1400

info@cassbristol.org



CASS is managed by the Healthy Living Consortium



Please contact organisations to check times of meetings and groups.

All information correct as of June 2022

Emotional Wellbeing for Men



Support, advice and information in Bristol



Local Organisations

Changes Bristol

Peer support groups for people feeling anxious, stressed or depressed, including men only groups

T: 0117 941 1123

E: info@changesbristol.org.uk

W: changesbristol.org.uk

Barton Hill Men's Group

An activities based group for men of all physical abilities to socialise

T: 07928 813546

E: luis.dias@wsb.org.uk

Talk Club

A community supporting mental fitness for men, in Bristol and online

W: wetalkclub.com

Bristol Crisis House

A residential crisis house for men

T: 0117 934 9848

Man Alive!

Activities for men living in and around Knowle West and South Bristol

T: 0117 3772255

E: info@knowlewesthealthpark.co.uk

W: www.knowlewesthealthpark.co.uk/project/man-alive

Men's Sheds Association

Men's Sheds are kitted out community spaces where men can enjoy practical hobbies. They're about making friends, learning and sharing skills. Visit the website or contact them to find your local shed

T: 0300 772 9626

E: admin@ukmsa.org.uk

W: menssheds.org.uk

Dads in Mind

Dedicated dads' worker and peer support for dads who are feeling stressed, anxious or isolated or supporting a partner with peri-natal depression

T: 0117 922 0746

E: adrian@dadsinmind.org

W: www.reengage.org.uk

Andy's Man Club

In person and online talking groups for men going through a difficult time

E: info@andysmanclub.co.uk

W: www.andysmanclub.co.uk

Nilaari

Run a range of courses on mood, anger and masculinity for BAME men

T: 0117 952 5742

E: nilaari@nilaari.co.uk

W: www.nilaari.co.uk/courses

Bristol Mindline

Confidential help and support on mental health

T: 0808 808 0330

W: bristolmind.org.uk

Hope Project

Emotional and practical support for men aged 30 - 64

T: 0117 909 6630

E: reception@second-step.co.uk

W: www.second-step.co.uk/our-services/recovery-mental-health/hope-project