We know that men tend to bottle up their emotions. And although counselling is really effective at helping us sort out personal problems, 80% of people benefitting from counselling are women.

Men need someone to talk to as well. Suicide is the leading cause of death in British men under 50.

We help thousands of men and women overcome personal problems. We have a great team of male and female counsellors.

If you’re a man and something is troubling you, give us a call. Don’t bottle it up. You’ll feel better if you talk about it. Why not give counselling a try?

It’s not just for women.

For counselling and advice, call free:

0800 328 1437

From a UK mobile: 800 328 1437
If abroad: +44 (0) 1482 661 814
Via Minicom: 01482 661 911
(Minicom Hours: Mon – Sat 8.30am – 6.00pm)

Or visit us online: employeeassistance.org.uk

Alternatively get more information on the things that concern you at: menshealthforum.org.uk whose mission is to improve the health of men and boys.