

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
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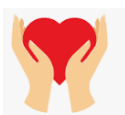
## Welcome to our June Well-Being Newsletter!

June is Men's Mental Health Awareness month. Experts say many men are more likely to suffer in silence rather than reach out for support, especially when it comes to mental health. There is often a strong focus on men's physical health — fitness, annual checkups, and heart health — but mental well-being is equally as important because mental health is health!

Just as the body needs care and attention, so does emotional and mental well-being. Yet, there is a silent crisis in men's mental health — one that too often goes unnoticed or unspoken.

Life events affect both men's and women's mental health and there is health and support available if you are worried about your own or someone else's mental health.

Please refer to page 4 for organisations that offer support to everyone.



- Three times as many men as women die by suicide in the UK;
- Men aged 40-49 have the highest suicide rates in the UK;
- Men report lower levels of life satisfaction than women according to the Government's national well-being survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to the NHS talking therapies are for men.

MEN NEED TO KNOW  
**IT'S OKAY**



## Parents'/Guardians' Corner

The Dos and Don'ts of supporting your child's emotional health:

### The Dos:

- **Do listen more than you speak:** give them your full attention. Avoid immediately offering solutions or trying to "fix" the problem unless they ask for advice.
- **Do validate their feelings:** let them know it is okay to feel anxious, sad, or confused. Phrases like "I hear you, and it makes sense that you feel this way" build immense trust.
- **Do look after your own wellbeing:** managing your own stress and getting support as a parent/guardian, ensures you are in a good mental space to help them.
- **Do encourage healthy habits:** gently promote activities like a balanced diet, regular sleep, physical exercise, and spending time with friends or hobbies to distract from negative thoughts.
- **Do seek professional help early:** if feelings or behavioural changes persist for more than a few weeks or affect their daily life, contact a GP for guidance.

### The Don'ts:

- **Don't lecture or criticize:** avoid making them feel judged or belittled for their emotions. Constant criticism creates emotional distance and discourages future communication.
- **Don't dismiss their struggles:** avoid saying things like "it's just a phase" or "you have nothing to be sad about." Even if the problem seems small to you, it is very real to them.
- **Don't force them to talk:** if they aren't ready to open up, be patient. Let them know you are there for them, and consider offering other methods of communication, like texting or writing.

<https://www.nspcc.org.uk/advice-for-families/depression-anxiety-mental-health/>

## Why don't men talk about their mental health?

- Men are often expected to be the breadwinners and to be strong and in control. This can make it harder for men to reach out for help and open up. Some research also suggests that men who can't speak openly about their emotions may be less able to recognise symptoms of mental health problems in themselves, and less likely to reach out for support.
- Men may also be more likely to use potentially harmful coping methods such as drugs or alcohol and are less likely to talk to family or friends about their mental health.
- Insecurity of being the only weak person among a group makes it even more complicated for men to open up. With this, they do not open up in spite of realising their need for help.
- Men usually display signs of depression in the form of anger, irritability, impulsivity, frustration, and other anti-social behavior.

### Mental Health organisations for men:

<https://www.toughttotalk.com>

<https://andysmanclub.co.uk/>

<https://uk.movember.com/mens-health/mental-health>

<https://www.mind.org.uk/>

<https://directionsformen.org.uk/>



Local groups:



**ANDYSMANCLUB Peckham:** A nationwide, non-judgmental mental health charity for men. Meets every Monday from 7:00 PM - 9:00 PM at Pecan, 121A Peckham High Street, SE15 5SE.

**Men's Therapy Group (Greenwich):** A free, safe, and supportive space run by South East London Mind to explore psychological difficulties and learn mental health management tools:

<https://selmind.org.uk/greenwich-mental-health/mens-therapy-group/>

**The Proper Blokes Club:** A highly popular, London-based initiative with a strong presence in Southwark. It gives men of all ages a safe space to get together, walk, and talk about their mental wellbeing without judgment: <https://www.theproperblokesclub.co.uk/>

## † Chaplain's Corner †

Loving God

We thank you for your care and compassion for us. We thank you for the value you place upon us which we can barely understand particularly at times when we find it tough to see ourselves as of any value to anyone.

We thank you that in your son Jesus you took on human form and are able to identify with our weakness, our sadness, our distress and our lack of hope. Your Word tells us that you are the giver of hope, a God of comfort, able to stand with us in times of trouble and anguish. We ask you this day to be close to us to help us to look to you and your word and to know your presence with us. Walk beside us Lord.

Grant us even a glimpse of the peace that comes from knowing that you are our God and that you love us so much that you sent your only Son to be our saviour.

We ask all this in His name

*Amen*





# Help and Guidance

Services available  
all year round:



**Shout 85258** is the UK's free, confidential, 24/7 text support



Free online support  
young people



Free emotional support for  
young people



Mental health support for  
children and their families



Free advice and support



Free online counselling support  
For over 25s



[www.rainbowgb.org](http://www.rainbowgb.org)  
Bereavement Support for children



Support helpline: 0808 808 1677



The Mental Health charity offering  
direct advice for everyone, as well as  
running local support services  
[www.mind.org.uk](http://www.mind.org.uk)



Helpline: 0345 3 30 30 30



Advocacy and casework support for  
LGBTQ people  
<https://www.galop.org.uk/support-services>

