TALKING ABOUT MENTAL HEALTH ISN'T A WEAKNESS.

IT'S A STRENGTH.

At Dorset MHST, we're helping young men and boys build confidence, develop coping skills and access support when they need it.

MEN'S MENTAL HEALTH AWARENESS MONTH

Over 600 boys were supported by Dorset Mental Health Support Teams during 2025-26.

Through MHST support, they developed skills to improve their mental health, wellbeing and personal development.

Every young person deserves the chance to achieve, grow and reach their potential.

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We asked boys what matters to them

Young people told us they:

✅ Value confidentiality
✅ Want to understand what support involves
✅ Want help-seeking to be seen as a sign of strength

Listening to young people helps us shape better support.

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You said. We did.

We're responding by:

- Being clearer about confidentiality
- Explaining what MHST staff do in schools
- Positively talking about boys and mental health

Because support should feel safe, clear and accessible.

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Good mental health is built every day.
Small everyday actions can make a difference:

🤝 Connect with others
🏆 Achieve something, however small
😊 Make time for things you enjoy

Building positive habits can support wellbeing and resilience.

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Need support?

MHST offers coaching-based support in schools and colleges, helping young people build skills and strategies for their mental health and wellbeing.

Speak to your school's Senior Mental Health Lead or Head of Year about a referral.

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MEN'S MENTAL HEALTH MATTERS

Not feeling yourself lately? If stress, anxiety, low mood, anger, loneliness or pressure is getting on top of you, support is available. You don't have to deal with it on your own. Talk to someone today:

- TEXT SHOUT TO 85258 - 24/7 SUPPORT
- START A ONE-TO-ONE WEB CHAT WITH A TRAINED YOUNG PEER WHO GETS IT - AND WON'T JUDGE: THEMIX.ORG.UK
- CALL CHILDLINE: 0800 1111 - OPEN 24 HOURS, 7 DAYS A WEEK
- CALL SAMARITANS 116 123 - 24/7 SUPPORT

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