



ASK A.L.E.C.

A – ASK

Start by asking how he's feeling. It's worth mentioning any changes you've picked up on. Maybe he's spending more time at the bar, has gone quiet in the group chat, or isn't turning up to social events, work or college. Whatever it is, he's just not himself. Use a prompt like, *"You haven't seemed yourself lately – are you feeling OK?"* Trust your instinct. Remember, people often say *"I'm fine"* when they're not, so don't be afraid to ask twice. You can use something specific you've noticed, like, *"It's just that you haven't been replying to my texts/emails, and that's not like you."*

L – LISTEN

Sometimes, people just need to get things off their chest. Good listening starts with providing a sounding board, or a place to bounce ideas off. This means avoiding assumptions, judgement, and the temptation to provide answers while they vent to you. Help them talk about how they're feeling. *"I imagine you're feeling pretty upset right now?"* Normalise their reaction. *"It's understandable that you're feeling this way." "I think most people in this situation would feel the same way as you are right now'."*

E – ENCOURAGE

Help him focus on simple things that might improve how he feels. Is he getting enough sleep? Is he exercising and eating well? Maybe there's something that's helped him in the past – it's worth asking. Suggest that he share how he's feeling with others he trusts. This will make things easier for both of you. And if he's felt low for more than two weeks, suggest that he chat to his doctor.

C – CHECK-IN

Suggest you catch up soon – in person if you can. If you can't manage a meet-up, make time for a call, or drop him a message. This helps to show that you care; plus, you'll get a feel for whether he's feeling any better.

WHAT NEXT?

If you are concerned and there is immediate risk, contact the [Safeguarding Team](#). [Report + Support](#) is available to both staff and students. For further information to support the men in your life. Please visit:

- [Report + Support](#)
- [Movember](#)
- [Mental Health UK](#)
- [Mental Health Foundation](#)
- [Spectrum Life](#) (Students)
- [Employee Assistance Programme](#) (Staff)
- [Able Futures](#) (Staff)

