Men That Matter

Men That Matter is a community group supporting mental health recovery. It was set up by John and his wife after John experienced poor mental health when moving from military to civilian life.

After returning to Nottinghamshire, John struggled to reconnect with his community. Past trauma led to a mental health crisis that affected him and his family.

Feeling isolated and without the right support, John and his wife created a group where people could talk openly and feel understood.

Men That Matter uses relaxed "walk and talk" sessions as well as traditional meetings

People meet outdoors, walk together, and talk about their challenges

Nature and physical movement help people, especially men, open up

Impact

- Some people say the group may have saved their lives
- Individuals have become more active, e.g attending the gym regularly
- Some members have improved their mental wellbeing enough to come off antidepressant medication with professional support
- Participants have found friendship, understanding, and a sense of belonging

Men That Matter shows how peer support can complement NHS mental health services. While professional care may involve waiting lists or time-limited support, groups like this offer ongoing connection and long-term support.

The group has also developed Women That Matter, recognising that partners and family members need support too.

John's wife says their children feel they have "got their dad back." Members also describe rebuilding confidence, enjoying life again, and feeling less alone.

Learning

When people feel connected, understood, and supported by others with similar experiences, it can have a powerful impact on mental health recovery.

Scan the QR code to see more on YouTube





"I joined Men That Matter because I had a situation with one of my mates. He passed away because of his mental health. He decided to take his own life."

"To have somewhere to come and to talk to somebody that understands is just priceless."