


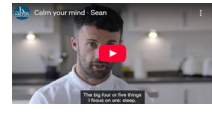

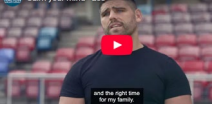









Theme	Text for Facebook & Instagram	Text for X (Twitter)	Suggested images (can be downloaded from our Get Involved page or screenshot from the CYM website)	Video to Share	Character Count FB	Character Count X
Champion Video - Barry	"I can't tell anyone I'm suffering—I'm the one who makes everyone else laugh." When life's pressures became overwhelming, Barry kept it all inside—until he finally got it off his chest. That conversation changed everything. Now, Barry shares how speaking out helped him heal and the steps he takes to stay well https://calmyourmind.co.uk/hear-from-others/#barry	"I can't tell anyone I'm suffering—I'm the one who makes everyone else laugh." When life's pressures became overwhelming, Barry kept it all inside—until he finally got it off his chest. https://calmyourmind.co.uk/hear-from-others/#barry		Download or embed 'Barry How to help' video from YouTube https://www.youtube.com/watch?v=eZ949ssU1ng&list=PLEXIVskOQx2ar4upCpH5-TJBaKnmwTXU&index=11	361	237
Champion Video - Brian	Brian lost his sense of purpose. He calls it a dark time. What did he do? He walked — and step by step, he found his way back. Now, he helps other men who feel low or stuck. For practical hints and tips for what you can do visit https://calmyourmind.co.uk/what-can-you-do/#cymhalton	Brian lost his sense of purpose. He calls it a dark time. What did he do? He walked — and step by step, he found his way back. Now, he helps other men who feel low or stuck https://calmyourmind.co.uk/what-can-you-do/#cymhalton		Download or embed Brians video from youtube https://youtu.be/DhKfLTS4S7s?si=50w7TYr10j5t8gU	284	227
Champion Video - Del	Del lost his job without warning. He was scared — how would he pay the bills and look after his family? But this isn't just a story about hard times. It's about finding ways to keep going, using what you've got, and staying strong when life gets tough. For practical hints and tips on what you can do visit https://calmyourmind.co.uk/#cymhalton	Del lost his job without warning. He was scared — how would he pay the bills and look after his family? But this isn't just a story about hard times. It's about finding ways to keep going and staying strong. https://calmyourmind.co.uk/hear-from-others/#del #cymhalton		Download or embed Dels video from youtube https://youtu.be/Hx6-9TgKY48?si=2Rv_kVg4x0vqm_ip	344	266
Champion Video - Sean	"I hope that by sharing my story I can reach men that feel reluctant to speak and seeing my story may just nudge them along to getting help or support". Watch Sean's video here https://calmyourmind.co.uk/hear-from-others/#sean #cymhalton	"I hope that by sharing my story I can reach men that feel reluctant to speak and seeing my story may just nudge them along to getting help or support". Watch Sean's video here https://calmyourmind.co.uk/hear-from-others/#sean #cymhalton		Download or embed 'Sean what helps me' from YouTube: https://www.youtube.com/watch?v=3TLyRBK1y0&list=PLEXIVskOQx2ar4upCpH5-TJBaKnmwTXU&index=15	237	237
Champion Video Jeff	"You feel as though as a man you have to be strong and keep it all together". Jeff has carried the weight of grief, yet he refused to let it break him. Instead, he's found ways to nurture his wellbeing and stay grounded through life's ups and downs. Listen to his story—an honest reflection on strength, healing, and what it truly means to keep going. https://calmyourmind.co.uk/hear-from-others/#jeff	"You feel as though as a man you have to be strong and keep it all together". Jeff has carried the weight of grief but refused to let it break him. Listen to his story, an honest reflection on strength and healing. https://calmyourmind.co.uk/hear-from-others/#jeff #cymhalton		Download or embed Jeff's video from youtube https://youtu.be/kgejz_HUI?si=hn9yZ001Mib0T_YuA	412	275
Champion Video Lee	"Rocks can crumble too." Lee spent endless hours in hospital after his twins were born 14 weeks early. The pressure to be strong was huge — but being able to talk at the right time, and being heard, got him through. Listen to his story here https://calmyourmind.co.uk/hear-from-others/#lee #cymhalton	"Rocks can crumble too." Lee spent endless hours in hospital after his twins were born prematurely. The pressure to be strong was huge. But being able to talk and be heard got him through. Listen to his story here https://calmyourmind.co.uk/hear-from-others/#lee #cymhalton		Download or embed Lee's Video https://youtu.be/YiC2b9Q_Q6s?si=KBEpiP5_9mX7Uz3V	301	274
Champion video Tom	"I felt like I had no hope" In his 20s, Tom realised his mental health was starting to affect his everyday life. He felt stuck, low, and unsure of where to turn. But instead of giving up, he focused on what made him feel better. One chord at a time, he found a way to cope. If life feels heavy, try something that lifts you. For hints and tips on what this could look like visit https://calmyourmind.co.uk/what-can-you-do/	"I felt like I had no hope" In his 20s, Tom realised his mental health was affecting his everyday life. One chord at a time, he found a way to cope. If life feels heavy, try something that lifts you. For hints and tips visit https://calmyourmind.co.uk/what-can-you-do/#cymhalton		Download or embed Tom's video from youtube https://youtu.be/CRVBJol2yUI?si=jwaGHR7WjB_CsRr	431	279
Debt / Money Worries	Many men keep money stress to themselves - Take back control today and act now. For more information on what you can do visit https://calmyourmind.co.uk/support-available/#worry	Many men keep money stress to themselves - Take back control today and act now. For more information on what you can do visit https://calmyourmind.co.uk/support-available/#worry		N/A	181	179
General	Life doesn't always run smoothly. For hints, tips and advice for men to keep yourself well visit https://calmyourmind.co.uk/#cymhalton	Life doesn't always run smoothly. For hints, tips and advice for men to keep yourself well visit https://calmyourmind.co.uk/#cymhalton		N/A	136	137
General	We know men don't like worrying their families and friends For info on support available to help you offload visit https://calmyourmind.co.uk/#cymhalton	We know men don't like worrying their families and friends For info on support available to help you offload visit https://calmyourmind.co.uk/#cymhalton		N/A	154	154
General	Calm Your Mind is a website for local men and offers practical hints and tips to help them get back to a better place. For further info visit https://calmyourmind.co.uk/#cymhalton	Calm Your Mind is a website for local men and offers practical hints and tips to help them get back to a better place. For further info visit https://calmyourmind.co.uk/#cymhalton		N/A	182	181
General	Realising you need some help is one of the strongest things you can do as a man. For hints and tips on how to get back to a better place visit https://calmyourmind.co.uk/#cymhalton	Realising you need some help is one of the strongest things you can do as a man. For hints and tips on how to get back to a better place visit https://calmyourmind.co.uk/#cymhalton		N/A	183	183
General	We know men don't like worrying their families and friends but its important they have someone to offload too. For info on support available to help you offload visit https://calmyourmind.co.uk/#cymhalton	We know men don't like worrying their families and friends but its important they have someone to offload too. For info on support available to help you offload visit https://calmyourmind.co.uk/#cymhalton		N/A	206	207

General

It's brave to ask for help. Our website for men living in Widnes and Runcorn offers resources help and guidance. Visit <https://calmyourmind.co.uk/#cymhalton>

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N/A

Grief

Grief doesn't always look like tears. For many men, it shows up as silence, stress, anger, or withdrawal. You might feel like you have to "stay strong" or "get on with it" – but grief is real, and it deserves space. Find out more about how grief can affect you and where to get support. <https://calmyourmind.co.uk/grief/#cymhalton>

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Download or embed Geds video from youtube <https://youtu.be/4mbU1qpMdhk?si=silqXBbl04z60NRA>