

MEN DO TALK ARE WE LISTENING?

2025 REPORT

WE ALREADY KNEW IT, NOW WE'VE GOT THE DATA TO BACK IT

**We men aren't silent.
And we're not broken.
We just need to know where to find the
right kind of support.**

This isn't about fixing men. It's about finally listening to them and backing them with what works. Because when men feel seen and supported, they show up better for their mates, their families, and themselves.



A quarter of men search online, & a third lean on partners, family & mates when seeking support.

ONLY 1 in 5

men turn to professional support when they're struggling.

Up to half

of men in remote towns like Bourke and Walgett say they don't think services that could help, like mentoring, exist nearby.

As well, only two-fifths of urban respondents are aware of local services.

Nearly **half of the men we surveyed** are dealing with ongoing stress or anxiety, and **a third** feel stuck in their careers or uncertain about their direction in life. These aren't fringe issues, they're daily realities.

Add to that the quarter of men struggling with loneliness or addiction, and you begin to see the cracks forming beneath the surface of the "steady bloke" stereotype.



One-third

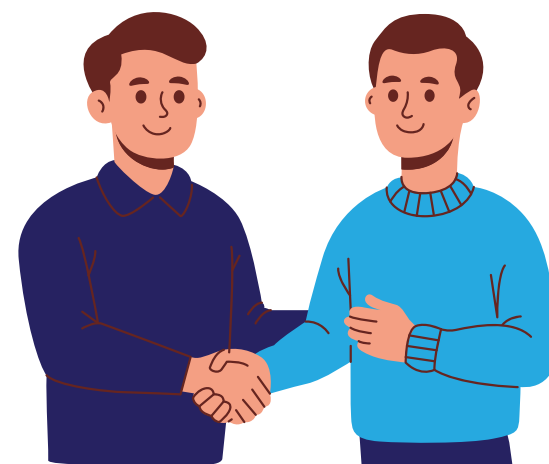
of men say their mental load is affecting their job performance, in the form of absenteeism and presenteeism.

**THE GREATEST
BARRIER IS NOT
WILLINGNESS —
IT'S AWARENESS.**

Two-thirds

OF MEN ARE OPEN TO MENTORING

Once described clearly, over 66% men said they'd try free, one-to-one mentor if it was available.



Initially only 17% identified mentoring as a support option.



Information That Matters



- 33% of men want practical info on where/when/how.
- 30% ask for information about available mentors.
- 29% said confidentiality assurance was important.



- 28% wanted a mentor who was down to earth.
- 28% equally men wanted a 'good listeners'.
- Only 17% wanted a mentor who was 'action-orientated'.

Percentages may not total 100% as respondents could select all that applied.

One in three men said that simply knowing how and where to access mentorship would make all the difference.

Nearly the same number wanted to see who the mentors actually are and to understand what mentorship really involves, especially when framed as practical support.

Not therapy, not crisis management, but a mate to talk to.