

MEN DO TALK **ARE WE LISTENING?**

2025 REPORT

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

Foreword

If you take nothing else from this report, let it be this: men are ready. We're not unreachable or unwilling. We're quietly searching for connection, and more of us than you might think are open to it.

But let me take this one step further, I rally against the notion that "men don't seek help." For too long, this narrative has dominated the conversation. While it may have reflected past realities, it no longer serves us today. At Mentoring Men, we see the truth every day, countless men do seek support, and they do so with courage and determination. By continuing to assert that men are inherently reluctant to ask for support, we risk reinforcing a damaging stereotype that perpetuates the very stigma we are striving to dismantle.

This report shows that two-thirds of respondents, men aged 35 to 50, say they'd try mentoring if it were accessible. More than half are grappling with daily stress, anxiety or loneliness. In fact, 53% meet the criteria for being lonely. These aren't fringe issues, they're common, deeply felt, and impacting everything from relationships to workplaces.

This is a call to respond. The men behind these numbers don't just speak for themselves. Their voices reflect a broader reality for millions across the country. The size and strength of this data makes it clear, the need is widespread, and the willingness is real. When support is easy to find and free of stigma, we men show up. We lean in.

The men are ready. Now it's time for systems, funders, and decision-makers to meet men where they're at. To invest in the community-led organisations already doing the work and Mentoring Men is one of them.

With my thanks and support,

Filipe Gama e Silva

Chief Executive Officer & Executive Director



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The Power of Mentoring

Mentoring is a proven part of the solution. Our Model of Care, grounded in research and real experience, emphasises that men do best when they “can be real, share experiences, discuss the mucky parts of life, and rejoice in their strengths”. In practice, that looks like two blokes meeting over coffee or a walk. No script, no judgement, just honest conversation.

How We Engage

Mentoring Men is a national, peer-led mentoring program providing free one-to-one support by trained volunteer mentors. This preventative, strengths-based model offers a safe space for men to open up to a fellow man with lived experience, fostering trust and personal connection. The male-to-male, lived-experience approach directly aligns with national policy priorities calling for male-centered, early intervention strategies that reduce stigma and encourage help-seeking. The program has already made an impact, facilitating well over 3,000 mentoring relationships since 2018 and achieving accreditation by Suicide Prevention Australia as a best-practice peer support service.

Position in a Health Ecosystem

Our model complements clinical services rather than replacing them. Mentors are trained to recognise when a mentee’s needs may exceed the scope of mentoring (for example, acute mental illness or crisis situations), and to encourage professional help or emergency support in those cases. In many instances, mentoring can act as a gateway to broader help-seeking. Building a man’s confidence and reducing his sense of isolation, it can make him more open to seeking clinical support, whereas he might never have taken that step on his own initially. This makes Mentoring Men an integral part of the “stepped care” continuum in mental health. A valuable early step for prevention and early intervention.

Who We Help – And Why It Matters

Mentoring Men supports adult men from all walks of life, including those navigating stress, isolation, or a sense of lost direction. Many are juggling work, family, and identity challenges, quietly doing it tough. Whether they’re in a regional town, recently unemployed, adjusting to civilian life after defence service, or simply looking for someone to talk to, our mentees share a willingness to engage in real, honest conversation.

We meet men where they are – early, authentically, and without judgement.

“ I always look forward to seeing Steve, and feel good after our meet up's and chin wags. Two heads are better than one. Shared sorrow, is half the sorrow, shared pleasure is double the pleasure. We are slowly untangling the labyrinth of my brain. We never run out of subjects to talk about. He is a great support, and I would recommend him to anyone. ”

**Active Mentee, name withheld for confidentiality*

Executive Summary

This research was originally commissioned to help us improve our internal understanding of the men we serve. We wanted to refine how we show up for them, our language, our outreach, our tone of voice. What we uncovered was too important to keep to ourselves.

The Men Do Talk 2025 report is the result of this research, revealing a powerful and timely truth. Men are not unwilling to seek help, they are simply underserved. The real issue is not reluctance, it is reach. Two thirds of men aged 35 to 50 say they would be open to having a mentor if it was offered. Yet 42 percent of those who are open to mentoring had no idea the service even existed.

These findings dismantle the long-held myth that men do not talk. They do. What they need is support that is visible, relatable, and easy to access. When mentoring is explained in clear terms, as free, one-to-one support from someone who has walked a similar path, men respond with interest and openness.

This report is a call to action. To service systems, funders, employers, and communities: meet men where they are. Invest in trusted, community-led programs that already work, like Mentoring Men. Since 2018, we have delivered over well 3,000 mentoring relationships (*supporting over 470 mentorships from January to May 2025 alone*) and achieved national suicide prevention accreditation as a best practice peer support service. But the demand far outpaces the current reach.

At Mentoring Men, our Vision is **a connected and healthy society** and our Mission is to **build a nationwide mentorship movement, transforming how men show up.**

To realise that vision, we cannot ignore what this data is telling us. The men are ready. They want to connect. They are looking for someone to walk beside them. But they cannot access support they do not know exists.

Now is the time to act. By raising awareness, normalising support seeking, and investing in proven programs, we can ensure no man is left to struggle in silence.

Men do talk. We just need to listen and back it with action.

Methodology

The research was conducted by Censuswide with a sample of 2,000 men aged 35–50 living in New South Wales, Victoria, and the Australian Capital Territory. The online survey ran from 20 February to 10 March 2025. The sample was stratified by age, state/territory, remoteness (urban / regional/rural), and cultural identity to reflect national demographics. The survey questions covered stressors, mental health, isolation, and attitudes toward mentoring (including closed and open-ended items). Censuswide abides by and employs members of the Market Research Society and follows the MRS code of conduct and ESOMAR principles. Censuswide is also a member of the British Polling Council.

The interpretation of this data and the development of this report has been undertaken by Mentoring Men.

Key Findings from the Study

Men are willing to reach out, if we meet them halfway. The Men Do Talk 2025 survey of Australian men (ages 35–50) delivers a clear message. The issue isn't men's reluctance to seek help, but lack of awareness of support options. This summary highlights the key findings in a straightforward, relatable way. Just like a chat with a mate. It's a call to action for all of us to listen up and step up.

What They Told Us

Stress & Strain

1 in 2

men aged 35–50 say general stress or anxiety affects their everyday life.

It's not a few doing it tough it's half the blokes.

Help-Seeking Gap

1 in 5

turn to professional support.

But 1 in 4 search online, and 1 in 3 lean on mates. We need to meet men where they already go.

Mentoring Demand

2 in 3

adult men say yes to mentoring – they just haven't been offered it yet.

The will is there. The way needs to be resourced.

Work & Wellbeing

31%

of men say their mental load is affecting their job performance.

The cost of unspoken struggle shows up at work.

Real Barriers, Not Reluctance

42%

of men open to mentoring didn't know it was available.

They're not saying no – they're saying 'no one told me.'

Hidden Crisis in the Regions

1 in 3

regional / rural men feel isolated – not by choice, but by distance.

In places like Walgett or Broken Hill, half don't believe services even exist nearby.

The findings from Men Do Talk 2025 carry a clear call to action: listen to what men are telling us. They're saying, *'We're not broken or unwilling, we're here, ready to talk, if someone's willing to hear us out.'* It's up to communities, employers, policymakers, and mates alike to respond. Awareness is the first step, let's make sure every man knows that support like mentoring is out there.

We at Mentoring Men put it forward, 'The men are ready. Now it's time for systems, funders and decision-makers to meet them where they're at'. That means investing in community-led programs already doing the work. Organisations like Mentoring Men that are boots-on-the-ground, ready to connect men with mates and mentors. It means normalising conversations about men's wellbeing, so that asking for a mentor or help is as routine as chatting about the footy scores.

Momentum for change is building. The fact that two-thirds of men would accept help when it's offered tells us we're on the right track. Now we need to bridge that gap between willingness and action. By raising awareness, breaking down stigma, and making support easy to find, we can ensure no man feels he has to struggle alone in the dark. Men do talk, it's our job to listen, and to act. Together, let's turn these findings into fuel for a future where every man knows it's OK to speak up, and help is there when he does.

Key Stressors and Mental Health

The numbers paint a sobering picture. Almost half of all men 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.

Stressor	% of Respondents	Notes
General stress or anxiety	47%	Highest in NSW (53%) and Victoria (49%); lower in ACT (31%)
Career-related stress	35%	More common in urban areas (38%) than regional / rural (28%)
Worry about lack of career progress	31%	Reflects broader employment uncertainty
Low self-confidence	30%	Tied to both professional and personal challenges
Financial pressure (regional / rural respondents)	39%	A top concern among men in regional communities
Loneliness due to geographic isolation	32%	Especially prevalent places like Broken Hill, Nyngan, Mildura and Murrayville.

These stressors vary by location and community:

- Men in NSW (53%) and Victoria (49%) report higher rates of general anxiety than those in the ACT.
- In the ACT, men uniquely cited relationship stress as a top factor (31%).
- Urban men are more likely to report career-related stress (38%) than regional / rural men (28%).
- Regional / rural men, on the other hand, face distinctive challenges: among those surveyed outside major cities, financial pressure is the leading cause of stress (39%), and about one-third feel lonely or isolated (32%).

Impact on Daily Life

Life doesn't fall apart all at once for many men. It unravels slowly, missed sleep, bottled emotions, strained relationships, and the quiet, invisible costs of carrying too much alone.

This data reveals the weight men are shouldering, not just in moments of crisis, but in the everyday grind of modern life.

Emotional and Social Wellbeing

- Four in ten men self-report struggling to regulate their emotions.
- A similar number (37%) find it difficult to set personal goals.
- Over one-third report trouble maintaining or navigating relationships. A pattern that aligns closely with widespread feelings of loneliness and isolation.

Workplace Impacts

- Nearly one-third experience reduced productivity or presenteeism due to mental health strain.
- One in four have taken time off work to cope with these challenges.

Metro vs Regional / Rural Differences

These issues are often more pronounced for regional / rural men reporting higher difficulties with relationships and higher absenteeism, pointing to the compounding effects of geographic isolation and fewer available support services.

Differences by Demographic Subgroup

- Both younger (35–44) and older (45–50) men report similar struggles, though older men slightly more often self-report difficulties with emotional regulation.
- Aboriginal men stand out, with over half indicating insight that they struggle with emotional regulation, higher than the average.

The toll of ongoing stress isn't always loud. Often, it's the quiet erosion of confidence, connection, and clarity. Left unchecked, it compounds, eroding not just wellbeing, but relationships, work, and a sense of self.

But there's hope in this data too. Every percentage point represents a man who could benefit from a conversation, from being heard, not judged. From someone walking beside them, helping them reconnect with purpose, possibility, and themselves.

Key Callout Elevated stress levels may indicate compounding risks driven by social determinants. The proportion of men experiencing persistent stress in this cohort appears significantly higher than the national prevalence of diagnosed anxiety disorders (13.3% of males; ABS 2022).

While not all distress meets clinical thresholds, the interplay of social determinants—such as job insecurity, cost-of-living pressures, and geographic isolation—may be driving an undercurrent of psychological strain. Left unaddressed, this increases the risk of progression to diagnosable disorders and functional decline across family, work, and community life. Early, place-based interventions are vital to disrupt this trajectory.

Social Isolation and Loneliness

Loneliness is increasingly recognised as a significant public health issue in Australia, with profound implications for mental and physical wellbeing (Botha & Bower, 2024). According to the Australian Bureau of Statistics' National Study of Mental Health and Wellbeing (2020–21), 15% of Australians aged 16–85 reported feeling lonely in the four weeks prior to the survey. However, our survey focusing on men aged 35–50 in New South Wales, the Australian Capital Territory, and Victoria reveals a more concerning picture. Over 53% of respondents in this demographic met the threshold for experience significant feelings of loneliness, using the three-item UCLA loneliness scale (Hughes et al., 2005). This indicates that a majority of men in this age group sometimes or often feel lacking in companionship, left out, or isolated from others.

Disparities Among Specific Groups

Certain populations are disproportionately affected by loneliness:

- **Aboriginal and Torres Strait Islander Men:** A significant 71% reported feelings of being left out, highlighting the urgent need for culturally sensitive community-building initiatives.
- **LGBTQIA+ Community:** Among LGBTQIA+ men, 54% reported feeling left out.
- **Urban vs. Regional / Rural Men:** qualitative data suggests that regional / rural men experience deep feelings of isolation tied to geographic remoteness. Both urban and regional / rural contexts present unique challenges that contribute to social isolation.

Health Implications

The ramifications of loneliness extend beyond emotional distress. Chronic social isolation is linked to a range of adverse health outcomes, including increased risks of mental health disorders, cardiovascular disease, and premature mortality. Moreover, loneliness can deter men from seeking help, exacerbating existing health issues and hindering recovery. (Australian Institute of Health and Welfare, 2022).

The Path Forward

Addressing the epidemic of loneliness among men requires a multifaceted approach:

- **Community Engagement:** Developing programs that foster social connections and a sense of belonging can mitigate feelings of isolation.
- **Culturally Sensitive Interventions:** Tailoring initiatives to meet the specific needs of diverse groups, including First Nations peoples and LGBTQIA+ communities, is crucial.
- **Policy and Programmatic Support:** Implementing policies that prioritise mental health and social wellbeing can create systemic change.

By recognising the prevalence and impact of loneliness among men, stakeholders can work collaboratively to develop effective strategies that promote connection, resilience, and overall wellbeing.

Help-Seeking Behaviors and Openness to Mentoring

One of the survey's key insights is the contrast between how men currently cope with challenges and how open they are to different types of support (*especially mentoring*).

Current Coping Methods

When stress surfaces, many men fall back on coping alone. Despite the broad range of supports available, the default for many is to tough it out quietly, or to lean on informal networks rather than professional help. This reveals not a lack of willingness, but likely a deep cultural conditioning around self-reliance, silence, and stigma.

Action Taken	% of Men
Try to push through on my own	42%
Talk to my partner	31%
Talk to a mate	28%
Talk to family	28%
Look for help online (search engines)	22%
Seek professional help (e.g., counselling)	22%
Talk to a colleague	20%
Look for help on social media forums	19%
Consider finding a mentor (someone impartial to talk to)	17%
Call a helpline	13%
Do nothing	5%

- **Self-reliance dominates:** 42% of men try to push through on their own, the most common response. It's a telling reflection of the ingrained message that men should be resilient and handle issues themselves.
- **Informal over formal help:** Conversations with partners (31%), mates (28%), and family (28%) are more common than seeking help from professionals (22%) or mentors (17%). Only 13% call a helpline.
- **Digital support is emerging:** Over 22% search online, and 19% turn to forums like Reddit. These channels offer anonymity and accessibility, especially relevant for regional / rural or younger demographics.

What Support Looks Like

When we ask men what would actually help them cope with stress, their answers are clear. They reinforce something we've long believed, it's not about "fixing" men, it's about backing them in ways that feel practical, grounded and real.

This support isn't theoretical. It's direct, actionable and deeply human. Helping men develop confidence, regulate emotion, stay connected to others, and rediscover direction. What they're asking for maps closely to the types of support a good mentor can offer.

Support Type	% of Men
Stress management (e.g. coping tools, healthy habits)	36.5%
Career guidance (e.g. job change, work-life balance)	30.0%
Confidence building	27.7%
Support finding purpose (e.g. personal direction)	27.5%
Support managing challenges (e.g. building resilience)	26.7%
Support with emotional regulation	26.7%
Support navigating relationships (e.g. partner, family)	24.8%
Support setting goals	24.7%

- Younger men (35–44) were more likely to request support across the board, particularly for stress management (38%) and confidence building (28%).
- Regional / Rural respondents and CALD men were more likely to flag support in managing relationships and navigating emotional regulation.
- Aboriginal and Torres Strait Islander men were especially likely to select career guidance, resilience support, and finding purpose. A signal of both unmet need and untapped potential.

These results underline that men, regardless of their background, are not helpless. Rather, they are actively seeking support that aligns with their real-life needs. There is a strong demand for practical, structured support that empowers men to manage emotions, build confidence, and navigate complex life and work challenges. By providing this kind of support, strategic, empathetic, and grounded in action, we can help men transform challenges into opportunities for growth and connection.

Hidden Opportunity

While only 17% of men initially identified mentoring as a support option, that changed dramatically once the idea was clarified. When described as free, one-to-one support from someone who’s been through similar challenges, 66.1% of men said they’d be open to having a mentor. This response shows that the barrier isn’t willingness, it’s awareness. When we give men a clearer picture of what supports look like, the idea resonates.

Openness to Mentoring	All	NSW	ACT	VIC	CALD	Aboriginal	LGBTQIA+
Yes	66%	72%	58%	64%	74%	93%	73%
No	19%	10%	21%	40%	10%	4%	8%
I don’t know	15%	17%	21%	2%	16%	3%	19%

This question cuts to the heart of the issue. When supports are properly explained, perhaps men are not only open to it, they would welcome it. Two-thirds of respondents said they’d consider a free, one-to-one mentor in their area if it was someone who’s walked a similar path. That’s a sharp increase from the 17% who initially identified mentoring as a helpful support. The gap highlights a key truth, **awareness and lack of relatability, not reluctance, is the barrier.**

Importantly, this openness isn’t just coming from big cities. While the respondent base was larger in urban centres like Sydney and Melbourne, many regional and rural communities, including Dubbo, Broken Hill, Bathurst, Cobar, Horsham, and Kerang, showed equal or even greater interest when viewed proportionally. That matters. It tells us that mentoring isn’t just an urban model, it resonates in the regions too, where isolation can be deeper and services harder to reach.

We also saw a slight edge in interest among younger respondents (aged 35–44), though both age groups were highly receptive. Across backgrounds, residency status, and employment types, the pattern holds. When you offer men something relatable, local and low-pressure, they lean in.

Key callout

Men are quietly doing it tough, often alone. But the appetite for peer-based, relatable support like mentoring is strong. The challenge isn’t convincing men of its value, it’s making the offer visible, relatable, and easy to access.

Motivators to Encourage Uptake

Among those who said they were not open to mentoring or weren't sure (33.9% of all respondents), many still showed potential to reconsider, if the right support or framing was in place.

When asked what might change their mind, responses pointed not to deep resistance but to practical and relational triggers. These are people sitting on the edge of engagement, and the right nudge could make all the difference.

Factor	% of respondents
<i>A recommendation from a mate</i>	28.9%
Knowing it would be free	27.6%
Hearing from someone like me who benefited from mentorship	25.1%
Hearing a mentor describe the help they can provide	24.6%
Being able to try without obligation to commit	23.5%
If I knew I wouldn't have to open up straight away	22.6%
If it was linked to things I already do (e.g. work, sport, hobbies)	22.1%
Nothing would change my mind	17.9%
Seeing someone I respect (e.g. celebrity) talk about it	13.7%
Other (please specify)	1.5%

Most men who initially hesitated around mentoring aren't immovable, they're simply unconvinced.

The leading motivators centre on relatability, reassurance, and accessibility. Peer-led invitations and everyday nudges (like a mate's recommendation or knowing others like them have benefited) matter more than celebrity advocacy or polished campaigns.

Importantly, the idea that mentoring has to be a deep or daunting experience up front is a barrier. Many are open to "light-touch" entry points. Like short-term, low-pressure trials, or connecting through shared activities.

What this shows is that hesitation isn't a hard no. It's often a "not yet". And with the right message or messenger, the door swings open.

Our Response

This research isn't just data, it's our roadmap. In collaboration with Sefiani, we've refreshed how we communicate, ensuring our outreach is genuine, relatable, and resonates with the men we seek to support. What men told us mattered most was authenticity, real connection, and support that's tangible, is now at the heart of how we engage. This isn't about reinventing the wheel. It's about meeting men where they are, shoulder-to-shoulder, and letting them know they're not alone. We're stepping forward confidently, clearly, and without pretence, to build connections that can genuinely change lives across Australia.

Barriers to Access

For the men who are ready, the biggest barriers aren't emotional, they're logistical. Among those open to mentorship, the most common reasons for not yet accessing a mentor aren't rooted in reluctance or stigma, but in uncertainty and access. Many simply don't know where to start or aren't sure if the service even exists near them.

Not Knowing Is Not Not Wanting

42%

of men open to mentoring didn't even know the service existed.

Awareness is the first step to access and we're missing it.

Connection Craves Context

1 in 2

of men who meet the criteria for loneliness say they'd be open to a mentor if they knew where to find one.

The desire is there. What's missing is direction.

Regional / Rural Reach Matters **up to half**

of men in remote towns like Bourke and Walgett say they don't think services exist nearby.

Location shouldn't limit connection.

A strong majority of men who are already open to mentorship still face structural barriers, not personal resistance. The most cited issue (42%) is a simple one: they don't know where to go. This is closely followed by men saying they didn't know the service existed (38%) or aren't sure if it exists nearby (32%).

These are not signs of disinterest, they are signs of disconnection.

Around one in four men say they're held back by time. This isn't surprising given the 35–50 age bracket is a stage of life where work, family and other responsibilities converge. However, the fact that many also say they haven't "seen something quite right" (30%) suggests that even when services are known, they might not feel accessible or relevant.

While metro areas like Sydney recorded a higher number of responses in absolute terms, the data reveals that men in regional and remote areas are disproportionately more likely to report limited access to support. In towns such as Walgett, Dubbo, and across regional ACT, upwards of 40–50% of respondents said they didn't believe services were available near them. Although these locations had smaller sample sizes, this perception gap remains significant when viewed against their relative population size and the lower density of mental health infrastructure in regional / rural areas.

Furthermore, when aggregated more broadly, men in non-metro areas consistently expressed lower levels of perceived support and higher rates of isolation. This reflects wider ABS (reference ++++) trends that show regional / rural populations face systemic disadvantages in health access and outcomes. In this context, the appetite for place-based, peer-led support becomes not just preferable, but essential.

For Aboriginal and CALD respondents, rates of "not knowing where to go" are similar to the overall average, but slightly more say "I haven't seen something quite right," hinting at the need for more culturally attuned pathways. LGBTQIA+ respondents also showed slightly higher uncertainty about what's available.

And it's worth highlighting, 4% of men say nothing is stopping them. These are the men ready to go, right now.

What kind of information sparks interest

When asked what would most help them learn more about mentorship, men gave a clear answer, they're under-informed. The top-performing responses weren't gimmicks or celebrity endorsements, but simple, tangible facts, the "what, where and how" of help seeking. This echoes the central findings of this report, men are ready. They're not unreachable, just waiting for the right kind of message.

Information Type	% of Respondents
<i>Practical info on where/when/how to seek mentorship</i>	33.8%
Information about available mentors	30.10%
Information about confidentiality	29.95%
Info on what mentorship actually is (practical, not just mental health)	29.60%
A real, unfiltered story of someone who benefited	26.50%
A light-hearted take that makes it feel normal	26.10%
A well-known/respected person talking about mentoring	25.60%
A hard-hitting message that gets straight to the point	23.95%
There is no such info that would help	6.65%
Other (please specify)	0.30%

The data paints a clear picture the barrier isn't reluctance, it's reach. One in three men said that simply knowing how and where to access mentorship would make all the difference. Not far behind, 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.

This matters because it tells us men aren't pushing support away. They're quietly looking for the doorway in and often, they're not seeing one that feels made for them.

Across the board, stories from real men who've "been there" were also powerful. Authentic, unfiltered experiences. Especially when men talked about the challenges they'd faced and how mentorship helped. These were valued more highly than celebrity voices or shock messaging.

There are also striking differences across backgrounds. Urban men were more likely to select “light-hearted messaging” that makes mentorship feel normal, whereas regional / rural men and respondents leaned more toward clear, practical information and unfiltered personal stories. This suggests that localised storytelling and community, grounded outreach could have even more cut-through outside metro areas. A key insight for scale.

Men from CALD communities and permanent residents showed stronger interest in information around confidentiality and mentor background. This reflects an underlying need for trust and safety, particularly among those who may be newer to Australia or navigating support systems in a second language or culture.

The overwhelming majority are open, and their openness increases when the offer feels real, relatable, and relevant to their world.

Information Channels

When it comes to finding help, men rely on a mix of technology and trust. Google is the most common channel, especially for younger and urban men. But just behind it is one of the most powerful forces in men's wellbeing, friends and family.

Source	All Men	35-44 Urban	35-44 Regional / Rural	45-50 Urban	45-50 Regional / Rural
Google search	38.7%	38.9%	38.3%	42.1%	24.3%
Friends/family	32.3%	32.1%	32.7%	35.5%	25.0%
Facebook groups	21.5%	21.6%	21.2%	21.4%	20.8%
Colleagues	14.9%	16.0%	12.5%	13.6%	17.8%
Instagram	13.6%	15.3%	9.7%	13.5%	18.5%
LinkedIn	11.9%	12.4%	10.8%	10.3%	20.0%
TikTok	11.6%	12.1%	10.3%	9.0%	19.0%

While digital tools make support easier to find, it's community that makes it safe to act. Over 1 in 3 men say they're most likely to turn to family or friends for advice on where to go. Especially older men, Aboriginal men, and those in regional areas. These are often the voices that men trust most.

That means every time someone speaks up about getting support, whether over a BBQ or in a WhatsApp group, they're opening the door for someone else. Talking about services we've used breaks the cycle of silence and normalises help-seeking. This kind of organic, everyday advocacy is how stigma starts to crack.

Preferences for Mentoring Services

For mentoring programs to succeed, they must align with men’s preferences regarding mentor characteristics and modes of interaction. The survey sheds light on what the target group is looking for in an ideal mentoring experience:

Mentor Characteristics

When asked what matters most in a mentor, men across the board selected down-to-earth and relatable (28%) and a good listener (28%) as top traits. These were followed by genuine and heartfelt (22%), empathetic (22%), and patience (21%). Less importance was placed on formal characteristics like professionalism (20%) or success in business (18%), indicating that emotional intelligence and shared human experience rank above expression of credentials.

Characteristic	Men aged 35–44	Men aged 45–50
<i>Down-to-earth and relatable</i>	28%	28%
A good listener	28%	27%
Patience	21%	20%
Similar life experience	21%	21%
Empathetic	22%	24%

Characteristic	Urban	Regional / Rural
<i>A good listener</i>	29%	24%
Down-to-earth and relatable	26%	29%
Patience	20%	24%
Similar life experience	20%	24%
Empathetic	21%	22%

Younger men leaned slightly more toward listening skills, while older men and those in regional / rural areas placed higher value on relatability, patience, and life experience, traits that signal stability and shared understanding. These differences point to the value of personalising mentoring relationships where possible, especially across geographic and social contexts.

Hobbies and Interests

Exploring men's hobbies offers valuable insights into potential avenues for engagement and support. Popular interests among Australian men include gaming (38%), individual sports (30%), outdoor activities (25%), and music (around 30%). Notably, regional / rural men tend to favour outdoor activities more than their urban counterparts, while urban men engage more in team sports and music.

These hobbies are not merely pastimes. They serve as crucial touchpoints for community interaction and personal fulfilment. Engaging with men through these interests can provide opportunities to foster connections and introduce supportive initiatives.

Addressing At-Risk Groups: A significant observation is the correlation between certain hobbies and indicators of risk. Men who reported addictive behaviours or a lack of purpose were more likely to list gaming as a primary hobby (approximately 39–42%). This suggests that online gaming communities and related interest groups could be strategic platforms for outreach to individuals who might benefit from additional support.

Notably, men experiencing addictive behaviours or a lack of purpose often gravitate towards gaming, suggesting that online gaming communities could be strategic platforms for outreach. Movember's "Gamers vs Depression" initiative exemplifies this approach by using online gaming to develop depression literacy and foster better social connections among adolescent males. (Fisher, Rice, & Seidler, 2025)

By integrating mentoring initiatives into these everyday spaces, we can build trust, reduce stigma, and foster supportive networks that resonate with men's lived experiences.

Strategic Engagement Through Hobbies: To effectively reach men who may need support, it's essential to engage with them in environments where they feel comfortable and connected. This includes sports clubs, gaming forums, community events, and music or cultural groups. By integrating grassroots, community-based mentoring initiatives into these everyday spaces, organisations can build trust, reduce stigma, and create support systems that feel natural and non-clinical.

These interests are more than just hobbies, they are vital components of men's social networks and personal identities. Leveraging these platforms for engagement can lead to meaningful connections and positive outcomes.

Mode of Interaction

The data shows that men prefer flexibility in how they engage, with a strong lean toward in-person formats, particularly in neutral public settings. However, virtual options also remain critical, especially for accessibility and convenience.

Mode of Interaction	All Men	Urban	Regional / Rural	Observation
<i>Face-to-face in public (e.g. café)</i>	28.97%	28.97%	26.67%	<i>Most preferred overall; slightly stronger in urban areas</i>
Face-to-face outdoors (e.g. walk)	24.21%	23.39%	26.15%	Popular with regional / rural men; suggests comfort in informal, natural settings
Virtual (Zoom, Teams, etc.)	22.69%	22.96%	22.05%	Consistent across regions; essential for remote or time-poor participants
Face-to-face at home	13.92%	13.84%	14.10%	Minority preference; possibly for those needing extra privacy or convenience
Phone call	8.40%	7.94%	9.49%	More common among regional / rural men – possibly due to digital access limitations
Other / No preference	<3%	<3%	<2%	Very few men chose “other” or “no specific way”

While most men prefer meeting in-person, especially in cafés or outdoor settings, virtual mentoring is a strong second, cutting across geographic lines. This supports a hybrid delivery model, allowing men to choose what feels most accessible and comfortable. For regional and rural men in particular, virtual and phone-based options may help overcome digital or distance barriers.

Conclusion and Path Forward

The Men Do Talk 2025 findings highlight an urgent but addressable need, and a shared opportunity to make a real difference. Many men in the target group (35–50) are doing it tough in silence despite high stress or loneliness. Yet they are willing to reach out if support is accessible and relatable. Mentoring Men has shown it can bridge this gap by meeting men where they are. Through non-clinical, one-to-one mentoring, we provide practical, stigma-free support that complements existing services. Rather than replacing traditional programs, we extend their reach, catching men early and relieving pressure on crisis services. We invite policymakers and service leaders to see Mentoring Men as a partner in this mission. By working together, we can ensure no man who's ready to talk falls through the cracks.

Mentoring Men is an established success, ready to scale. This is not a concept or pilot. It's an accredited national service already supporting thousands of men. Every mentor is trained and vetted, and our program operates with robust safeguards and measurable outcomes. We have built the infrastructure, volunteer mentor workforce, and trust needed to expand our impact. With additional support, we can quickly train more mentors and reach more communities (including regional / rural areas where isolation is highest). In short, there's no need to design a new solution from scratch. The solution exists and is working. Any investment will amplify an existing platform that men already use and value. Funders and decision-makers can confidently back Mentoring Men knowing it is a proven, scalable model aligned with Australia's mental health and wellbeing goals.

Importantly, we acknowledge how this report came to be. We originally commissioned the Men Do Talk 2025 research for internal insight, to refine our language, outreach and approach. It was never intended for public release. However, what we uncovered was too important to keep to ourselves. The voices of over 2,000 Australian men were clear and profound. They showed us that men do talk, and they're willing to seek support if someone meets them where they are. Withholding these insights would go against our values and the spirit of our work. After all, at Mentoring Men our mission is simple: to build a nationwide mentorship movement, transforming how men show up. And our vision is a connected, healthy society. We cannot realise that vision by keeping quiet about what men have told us. So we share these findings openly now, in the hope that they spark collaboration and action across the community.

Looking ahead, Mentoring Men stands ready to work hand-in-hand with government, systems and communities to amplify this impact. We see enormous potential to formally embed mentoring into Australia's health and social support landscape. From GPs and mental health professionals referring men to a mentor, to employers and local clubs promoting our program as a routine part of men's wellbeing. Our approach is collaborative and additive. We fill a gap between informal mateship and clinical intervention, ensuring men get help before problems escalate. By normalising conversations about men's mental health, we make it as routine to ask for a mentor as it is to chat about the footy scores. Momentum is building, and the men are ready. Now it's up to all of us, community groups, businesses, policymakers, friends and family to meet them where they're at and support this movement.

Philanthropic Partners

We invite philanthropic foundations, corporate sponsors and donors to join us in scaling up this proven service. Your investment can fund the recruitment and training of new volunteer mentors, expand our reach into underserved regions, and boost awareness so that more men know help is available. Backing Mentoring Men is a safe and high-impact investment. It builds on an accredited program already delivering results, allowing you to make an immediate, tangible difference in men's lives across Australia.

Community Partners

We encourage community organisations, local clubs, workplaces and leaders to collaborate with Mentoring Men in your own context. You can help by spreading the word about our free mentorship service, referring men who might benefit, or even providing space and opportunities for men to meet with their mentors. Partner with us to embed mentoring into everyday Australian life, whether through sports clubs, men's sheds, veteran groups or employee wellness programs. By championing and normalising help-seeking, you will be making it easier for men in your community to connect and thrive.

Together, we can build on what already works. Australia doesn't need to invent new services to support men's wellbeing, we simply need to invest in and amplify the solutions already making a difference. Mentoring Men is prepared to do exactly that, in partnership with all who share our vision of a healthier, more connected society. By uniting our efforts, we can grow a nationwide movement of mentorship, ensuring every man has a mate and a mentor when he needs one.

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Appendix

Every effort has been taken to ensure the accuracy and integrity of the data presented in this report. These tables are provided to support a deeper understanding of the diverse experiences of men across Australia, and to inform collective efforts that progress the wellbeing of men and their communities. All content remains the intellectual property of Mentoring Men. We reserve all rights relating to the use, reproduction, and distribution of this material.

Survey Sample Representativeness

The survey sampled 2,000 men (aged 35–50) from New South Wales, Victoria, and the ACT only, with stratified quotas by age, location (urban / regional / rural), and cultural background to approximate the broader. The table below compares the sample's composition in key subgroups to current Australian population benchmarks, to assess how representative the survey was of the male population in this age range.

Subgroup	Survey Sample	Population Benchmark (Australian males, 35–50)
Aboriginal and Torres Strait Islander	~3% of respondents identified as Aboriginal and/or Torres Strait Islander.	3.2–3.8% of Australians are Indigenous (approximately 3.8% of the total population as of 2021). The sample's Indigenous representation is roughly in line with the national proportion (though slightly lower).
Culturally and Linguistically Diverse (CALD)	~20% of respondents were from a CALD background (e.g. spoke a language other than English at home or had non-Anglo heritage).	~22% of Australians speak a language other than English at home, and about 28% were born overseas. The CALD share in the sample (20%) is slightly below but close to this range, indicating a reasonably representative inclusion of diverse cultures.
LGBTQIA+ (non-heterosexual and/or gender diverse)	~5% of men surveyed self-identified as LGBTQIA+.	~4–5% of Australian adults identify as LGBTQIA+ depending on definitions. ABS data show about 3.6% of Australians identify as lesbian, gay or bisexual, plus nearly 1% as trans or gender-diverse. Thus, the survey's ~5% LGBTQIA+ is in line with (if not slightly above) the expected proportion for this male age group.

In summary, the survey sample was broadly reflective of the target population of mid-life Australian men in key aspects like cultural diversity, Indigenous participation, and urban–regional / rural mix. The proportions of Aboriginal (3%), CALD (20%), and LGBTQIA+ (5%) respondents are reasonably close to their estimated shares in the wider. The heavy inclusion of regional / rural participants (~33%) also aligns with national demographics. That said, because the sample was drawn from only NSW, Victoria, and the ACT, men from other states (e.g. QLD, WA, SA, etc.) were not included, which may limit strict “national” representativeness. Overall, these transparent comparisons allow policymakers and researchers to judge the robustness of the findings, showing that while not perfect, the sample captures a diverse cross-section of Australian men in this age group.

Survey Questions and Report References

Survey Question (verbatim)

Where Discussed in Men Do Talk 2025 Report

Qb. Are you impacted by any of the following factors? (Select all that apply)

Close to half of men reported general stress or anxiety as an ongoing issue, about one-third felt career-related pressures, and roughly one-quarter struggled with loneliness or addiction. These were identified as common stressors affecting their lives.

Q1. What causes you to feel the factors you selected?

The report indicates that causes of stress vary by context. For example, in the ACT relationship stress was a top factor (31%), while urban men's stress was often tied to competitive job markets (38% career stress vs 28% for regional / rural men). Among regional / rural men, financial pressure was the leading cause of stress (39%), highlighting cost-of-living and isolation challenges outside cities.

Q2. Thinking about the factors you selected for Qb, how do they affect your day-to-day life, if in any way?

The survey revealed widespread everyday impacts. Four in ten men report struggling to regulate their emotions, and 37% find it hard to set personal goals. Over one-third have difficulty maintaining relationships (likely linked to loneliness). These strains carry into work. Nearly one-third report reduced job performance ("presenteeism") and one in four have taken time off due to mental health challenges.

Q3. When you are experiencing the factors you selected for Qb, what do you do, if anything?

Many men default to coping alone. The most common response was "try to push through on my own" (42% of men). Talking to a partner (31%), a mate (28%) or family (28%) were the next most frequent actions. By comparison, only about 22% sought professional help and just 5% did nothing at all. This underscores a cultural tendency toward self-reliance, with informal support (mates and family) preferred over formal help.

Q4. What kinds of support would help you the most to manage and overcome the factors you selected in Qb, if any?

Practical, relatable support options ranked highest. The top selections were stress management tools or healthy habits (chosen by ~36% of men) and career guidance or help with work-life balance (30%). Confidence-building (28%), finding purpose in life (27%), resilience training (27%), and help with emotional regulation (27%) were also common picks. In short, men are seeking concrete skills and guidance closely aligned with their real-life challenges.

Q5. If it was available in your local area, would you be open to accessing a mentor (free one-to-one support from a man who has been through similar challenges that you are experiencing) to help you manage and overcome the factors you selected in Qb?

About two-thirds of respondents (roughly 66%) indicated yes, they would be open to a mentor if it were available. This clear majority willing to try mentoring dispels the notion of men being unwilling to seek help – instead, most are receptive to mentoring support when offered.

Q6. If you said yes, what is currently stopping you from accessing a mentor, if anything? (Select all that apply)

The biggest barrier was lack of awareness or information. Among men open to mentoring, 42% said they don't know where to go to find a mentor. Similarly, 38% "didn't know the service existed" at all, and 32% weren't sure if mentoring was available nearby. In other words, these men aren't reluctant – they just haven't been pointed in the right direction. About one in four also cited being "held back by time" constraints, given the busy 35–50 age bracket, and 30% felt they hadn't yet seen a mentoring option that felt right for them.

Q7. If you said no or I do not know, why would you not be interested in accessing a mentor? (Select all that apply)

The report does not list these responses in detail, but it implies that men who weren't interested in mentoring are not deeply opposed, but rather unconvinced of its relevance. It notes that most hesitant men are "simply unconvinced" rather than immovable. In practice, their reasons likely include feeling they don't need help or preferring to handle issues themselves. A hesitation that the report frames as a "not yet" instead of a hard no.

Q8. What factors, if any, would change your mind about seeking mentorship? (Select all that apply)

For those initially hesitant, certain incentives could sway them. The top cited motivator was a recommendation from a mate (about 29% said this would spark their interest). Other key factors included knowing the service is free (28%), hearing about someone like them who benefited (25%), or hearing a mentor explain how they can help (25%). Many also liked the idea of being able to "try without obligation" (~23%) or having mentorship linked to familiar settings like work, sports or hobbies (~22%). Notably, only 18% said "nothing would change my mind", meaning over 80% of initially unsure men have some condition under which they'd give mentoring a chance.

Q9. If you were to access a mentor, what characteristics would be most important for them to have in order for the relationship to be successful? (Select up to 3)

Men overwhelmingly prioritized personal qualities in a mentor over formal credentials. The top traits tied at 28% each: "down-to-earth and relatable" and "a good listener." Close behind were "genuine & heartfelt" (22%), "empathetic" (22%), and "patient" (21%). Traits like professionalism (20%) or being highly successful in business (18%) were lower priorities – indicating men value emotional intelligence and shared life experience above status.

Q10. What kind of information would spark your interest in mentorship the most, and help you learn more about it? (Select up to 3)

The report suggests that relatable stories and peer examples are most compelling. It notes that men are more likely to engage with mentoring "when they hear from others with relatable stories", real mentees or mentors sharing their experiences. In practice, testimonials or case studies of men "like them" who benefited from a mentor, as well as reassurance about confidentiality and effectiveness, are likely the types of information that would best pique interest. (This aligns with the findings of Q8, where personal recommendations and knowing others benefited were powerful motivators.)

Q11. How old would your ideal mentor be?

Most men prefer a mentor in a similar age range to themselves. For example, among younger respondents (ages 35–44), 53% said their ideal mentor would be in the 36–45 year-old range, essentially a peer from the next age bracket up. Older men (45–50) likewise tended to choose mentors close to their age or slightly older. The survey findings highlight a general comfort with mentors from the same generation, rather than someone vastly older or younger.

Q12. How would you most like to connect with a mentor, if in any way?

Preferences for how to engage with a mentor varied widely. No single mode of contact dominated. Some men preferred meeting face-to-face (whether at home, outdoors, or in a public place), others were open to phone calls or video chats. Indeed, the report notes that “communication preferences varied widely” across respondents. This underscores the need for flexible mentoring options (in-person, phone, online, etc.) to suit individual comfort levels.

Q13. What are your main hobbies and interests, if any? (Select up to 3)

The survey included this question to understand men’s interests for engagement. The most popular hobbies reported were video gaming (38% of men), sports, with about 30% doing individual sports and slightly fewer in team sports, music (around 30%), and outdoor activities (25%). Notably, regional and regional / rural men were more likely to enjoy outdoor pursuits than urban men, while urban men participated in team sports and music at higher rates. (These insights help identify relatable contexts to reach different groups of men.)

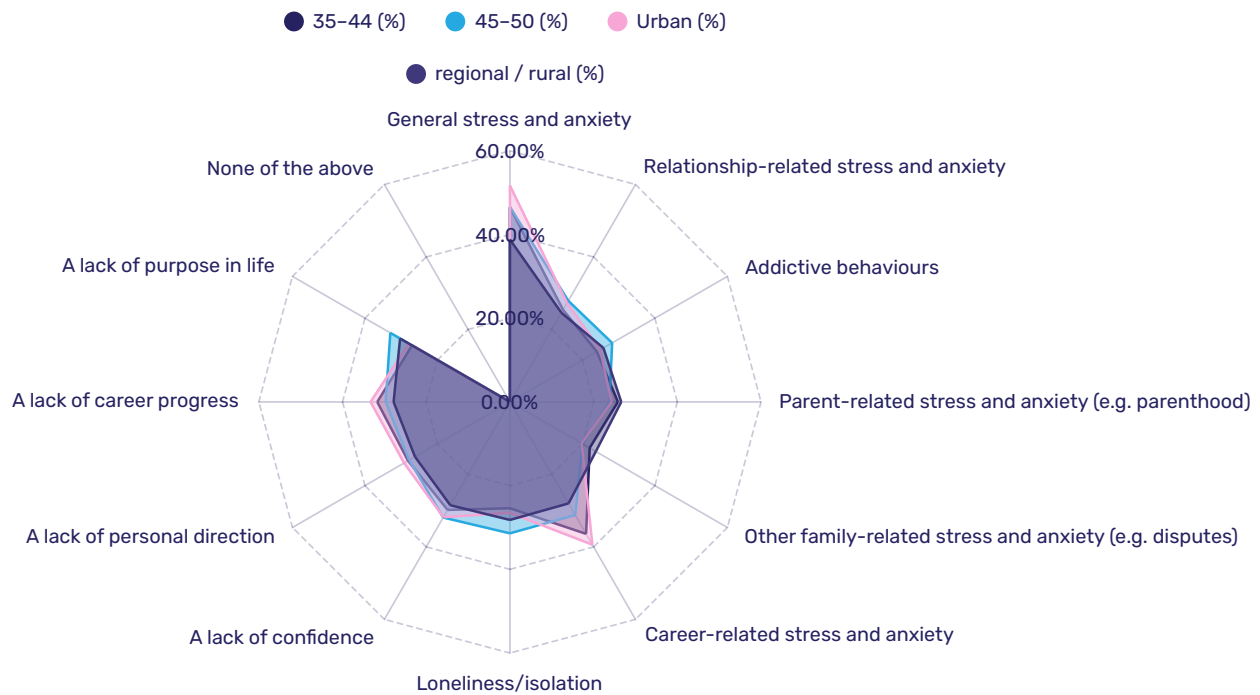
Q14. Where are you most likely to find out about services or groups that are relevant to you, if anywhere? (Select up to 3)

Men most often turn to personal networks for information about support services. Over one in three respondents said they would first go to family or friends for advice on where to seek help. This word-of-mouth channel was especially relied upon by older men, Aboriginal men, and those in regional areas. By contrast, online and media sources were less frequently cited (for instance, only ~12% mentioned platforms like LinkedIn or TikTok). The findings underscore that trusted mates and relatives are key gatekeepers in guiding men to support.

Q15. How often, if ever, do you feel: (a) that you lack companionship? (b) left out? (c) isolated from others?

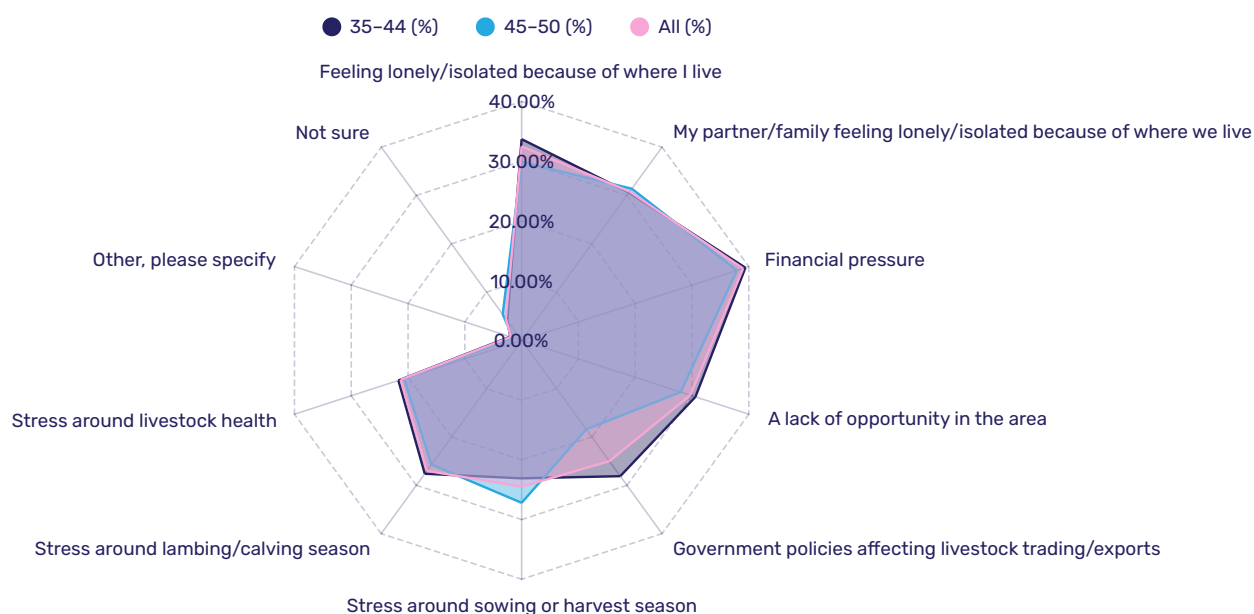
Loneliness emerged as a significant issue. Using a standard three-item loneliness scale, the survey found that 53% of men met the criteria for being “lonely”. In practical terms, nearly half of respondents said they lack companionship at least “some of the time” (about 47%), 49% feel left out sometimes, and ~48% feel isolated sometimes. This confirms that social isolation is not a fringe issue but a common experience for men 35–50. Certain subgroups felt it even more acutely, for example, 71% of Indigenous men in the sample reported often or sometimes feeling left out. Such findings highlight the urgency for community and connection initiatives.

Qb. Are you impacted by any of the following factors in your day-to-day life? (Select all that apply)



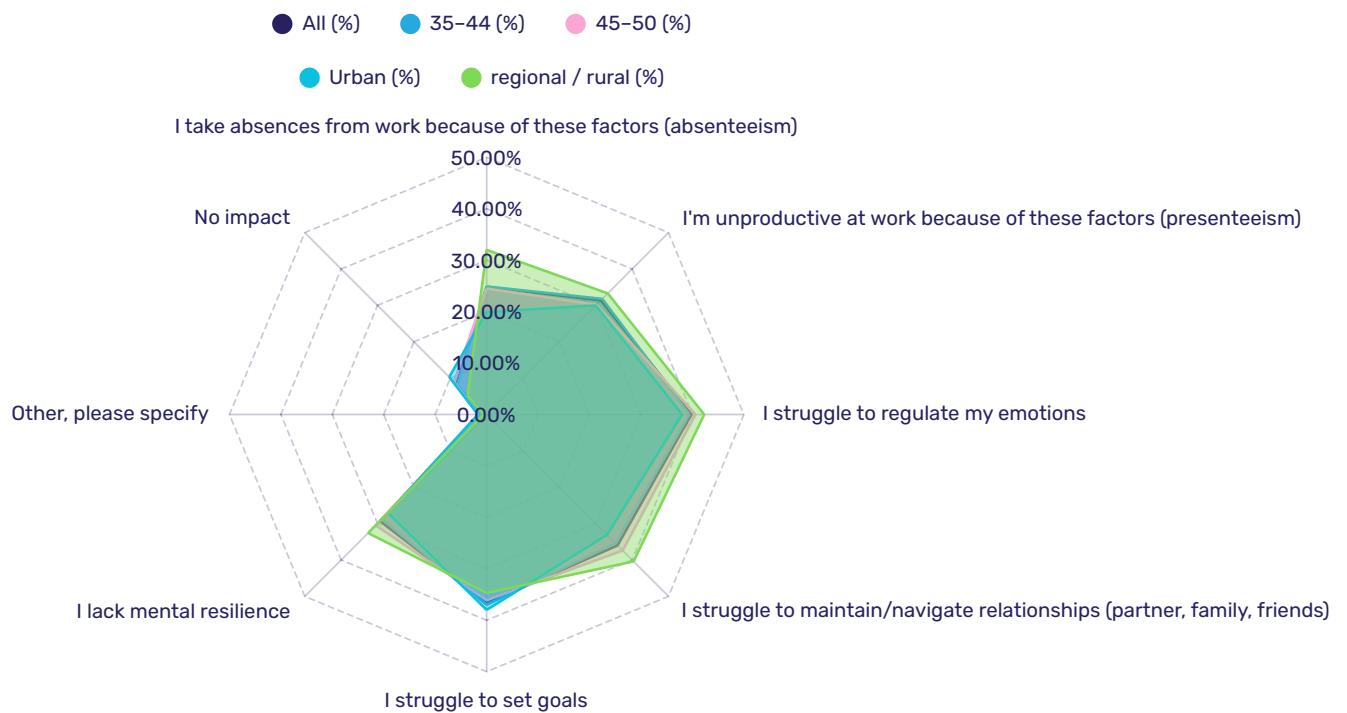
Response	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
General stress and anxiety	46.50%	46.60%	51.70%	38.80%
Relationship-related stress and anxiety	25.40%	27.90%	27.30%	24.60%
Addictive behaviours	24.00%	28.20%	24.90%	25.80%
Parent-related stress and anxiety (e.g. parenthood)	25.80%	23.80%	24.30%	26.60%
Other family-related stress and anxiety (e.g. disputes)	22.00%	20.00%	19.80%	23.70%
Career-related stress and anxiety	36.40%	31.20%	39.40%	28.00%
Loneliness/isolation	25.40%	31.40%	26.50%	28.20%
A lack of confidence	29.80%	31.90%	31.80%	28.50%
A lack of personal direction	28.10%	27.80%	29.20%	26.20%
A lack of career progress	31.70%	29.70%	33.30%	27.80%
A lack of purpose in life	27.00%	33.00%	27.90%	30.30%
None of the above	0.00%	0.00%	0.00%	0.00%

Q1. What causes you to feel the factors you selected in Qb? (Select all that apply)



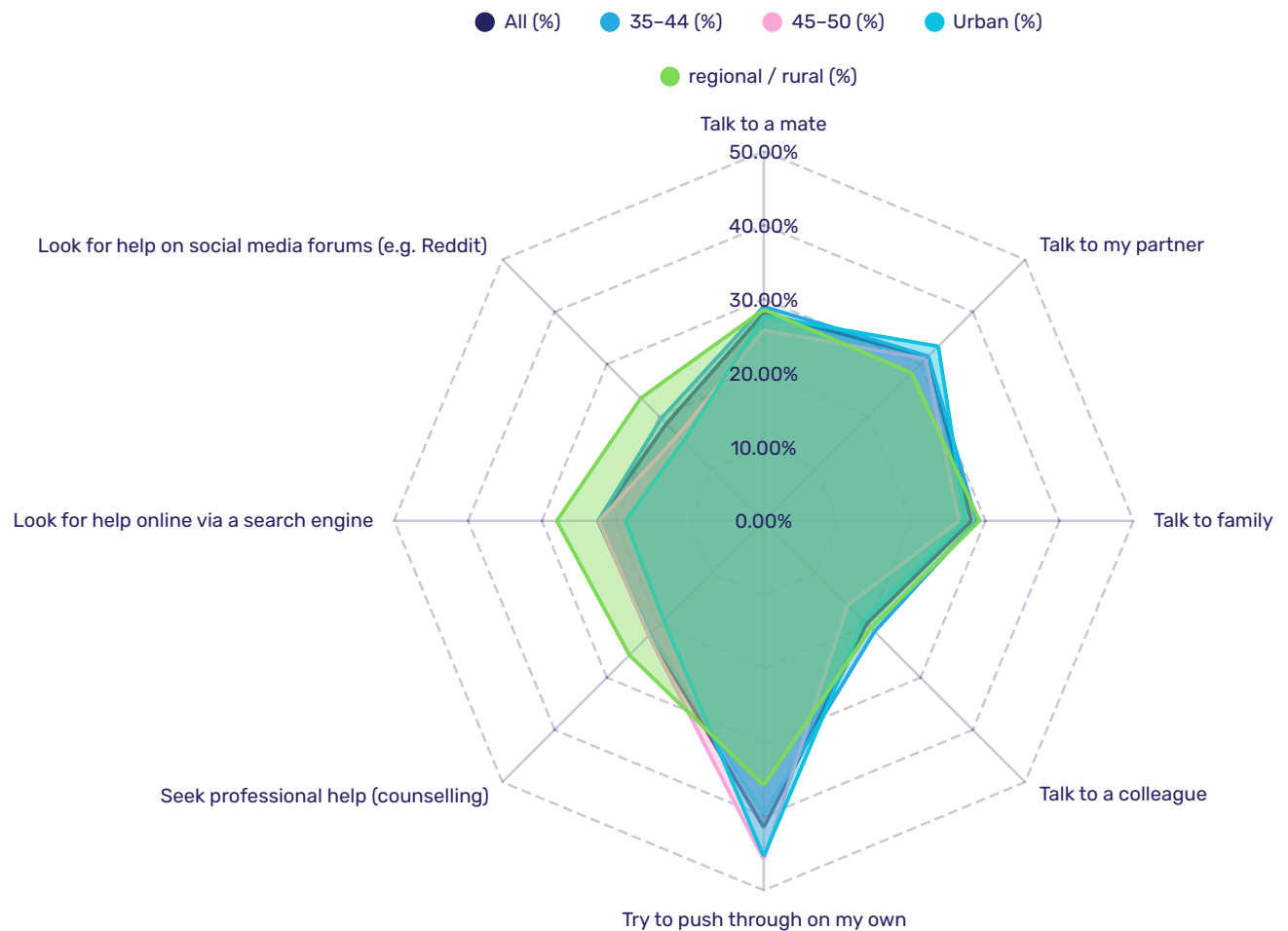
Response	All (%)	35-44 (%)	45-50 (%)
Feeling lonely/isolated because of where I live	32.50%	33.70%	29.90%
My partner/family feeling lonely/isolated because of where we live	30.80%	30.60%	31.40%
Financial pressure	39.00%	39.40%	37.90%
A lack of opportunity in the area	29.70%	30.60%	28.00%
Government policies affecting livestock trading/exports	25.00%	28.10%	18.40%
Stress around sowing or harvest season	24.50%	23.10%	27.20%
Stress around lambing/calving season	27.00%	27.60%	25.70%
Stress around livestock health	21.30%	21.70%	20.70%
Other, please specify	1.90%	2.00%	1.50%
Not sure	4.50%	4.10%	5.40%

Q2. Thinking about the factors you selected for Qb, how do they affect your day-to-day life, if in any way? (Select all that apply)



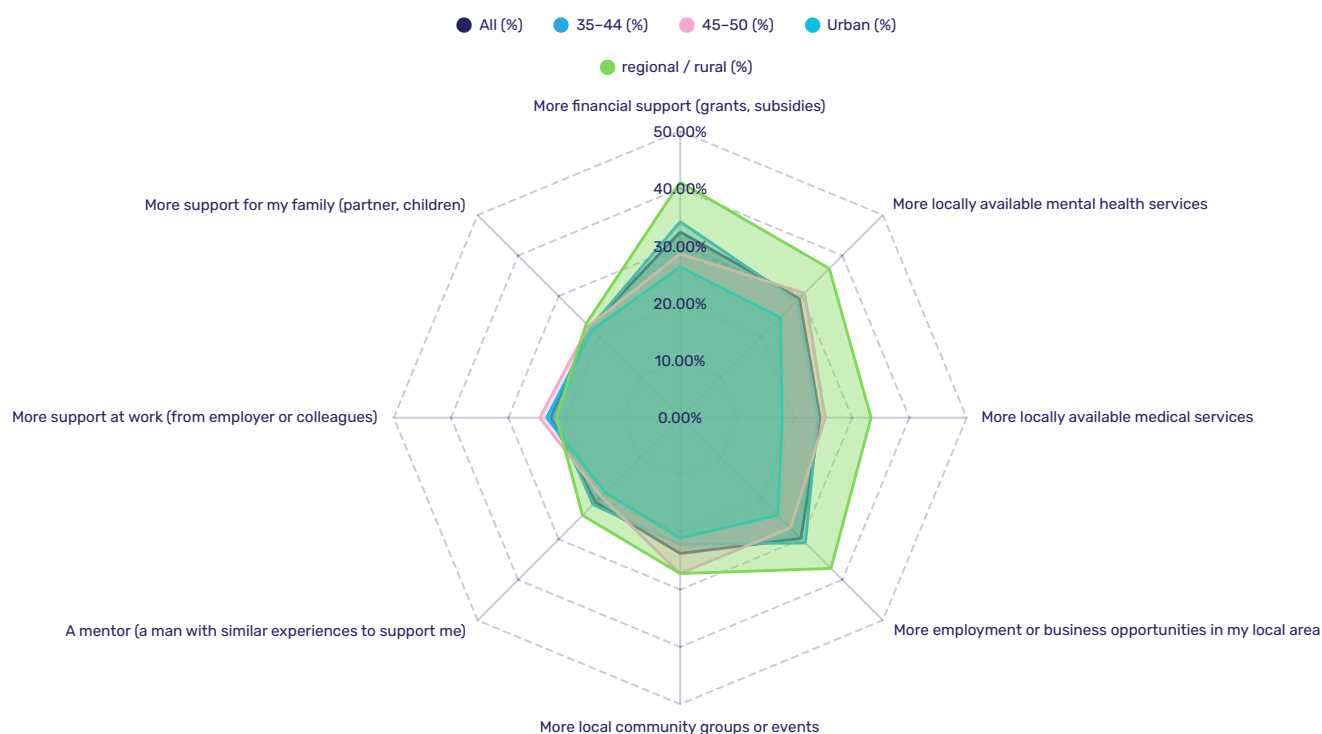
Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
I take absences from work because of these factors (absenteeism)	24.80%	24.90%	24.50%	19.90%	32.00%
I'm unproductive at work because of these factors (presenteeism)	31.40%	31.80%	30.20%	30.00%	33.30%
I struggle to regulate my emotions	39.80%	39.40%	40.60%	38.00%	42.30%
I struggle to maintain/navigate relationships (partner, family, friends)	36.00%	35.40%	37.40%	33.10%	40.40%
I struggle to set goals	36.70%	37.00%	36.10%	38.00%	34.70%
I lack mental resilience	29.30%	28.80%	30.50%	27.10%	32.60%
Other, please specify	1.20%	1.10%	1.60%	1.70%	0.60%
No impact	8.30%	8.00%	9.00%	10.30%	5.20%

**Q3. When you are experiencing the factors you selected for Qb, what do you do, if anything?
(Select all that apply)**



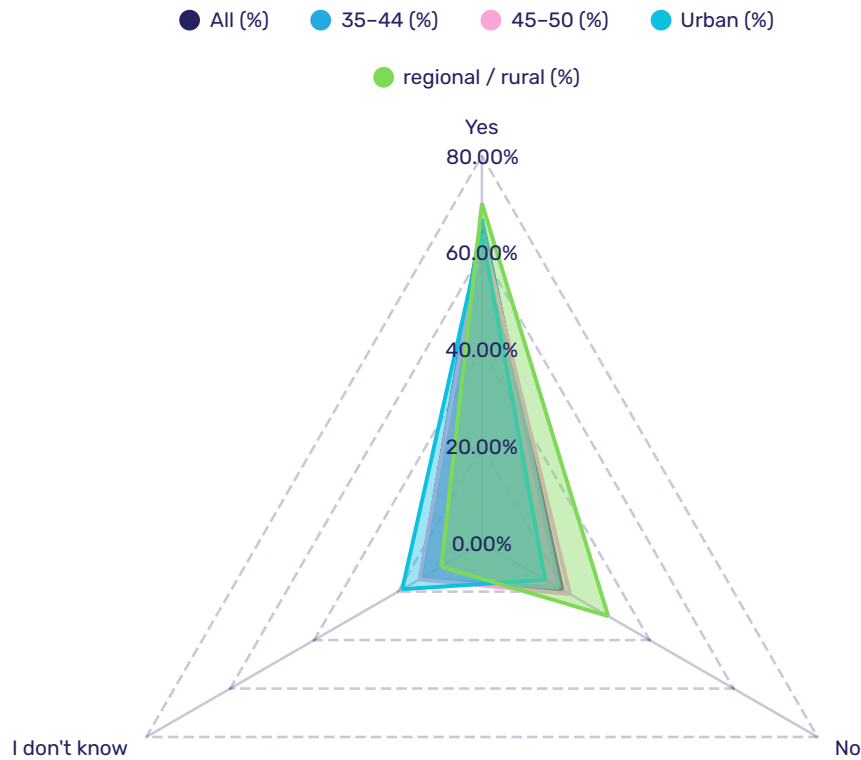
Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Talk to a mate	28.10%	29.00%	25.80%	27.70%	28.60%
Talk to my partner	31.40%	31.50%	31.00%	33.40%	28.30%
Talk to family	28.10%	28.80%	26.40%	27.30%	29.20%
Talk to a colleague	19.70%	21.20%	16.10%	19.10%	20.50%
Try to push through on my own	41.50%	39.70%	45.80%	45.40%	35.80%
Seek professional help (counselling)	21.80%	21.60%	22.00%	19.10%	25.70%
Look for help online via a search engine	22.40%	22.40%	22.30%	18.70%	28.00%
Look for help on social media forums (e.g. R	18.60%	19.60%	16.40%	15.30%	23.50%
Call a helpline	12.80%	12.60%	13.50%	9.60%	17.70%
Consider finding a mentor (impartial help/ad	17.00%	17.30%	16.30%	14.50%	20.60%
Other, please specify	1.30%	1.20%	1.60%	1.80%	0.60%
Nothing	5.10%	4.80%	5.60%	6.50%	2.90%

Q4. What kinds of support would help you the most to manage and overcome the factors you selected in Qb, if any? (Select up to 3)



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
More financial support (grants, subsidies)	32.40%	34.20%	28.60%	26.30%	41.10%
More locally available mental health services	29.40%	28.80%	30.70%	24.70%	36.80%
More locally available medical services	24.40%	24.00%	25.30%	17.80%	33.30%
More employment or business opportunities in my local area	29.80%	30.90%	27.20%	24.10%	37.20%
More local community groups or events	23.70%	22.10%	27.20%	21.00%	27.20%
A mentor (a man with similar experiences to support me)	20.90%	21.50%	19.50%	18.50%	24.10%
More support at work (from employer or colleagues)	22.60%	21.80%	24.50%	23.30%	21.60%
More support for my family (partner, children)	22.30%	22.20%	22.60%	21.70%	23.20%
Nothing – I feel I’m managing ok	5.80%	5.30%	6.90%	7.80%	2.80%
Other, please specify	0.90%	0.90%	0.80%	0.80%	1.10%
Not sure	4.30%	4.30%	4.10%	5.60%	2.40%

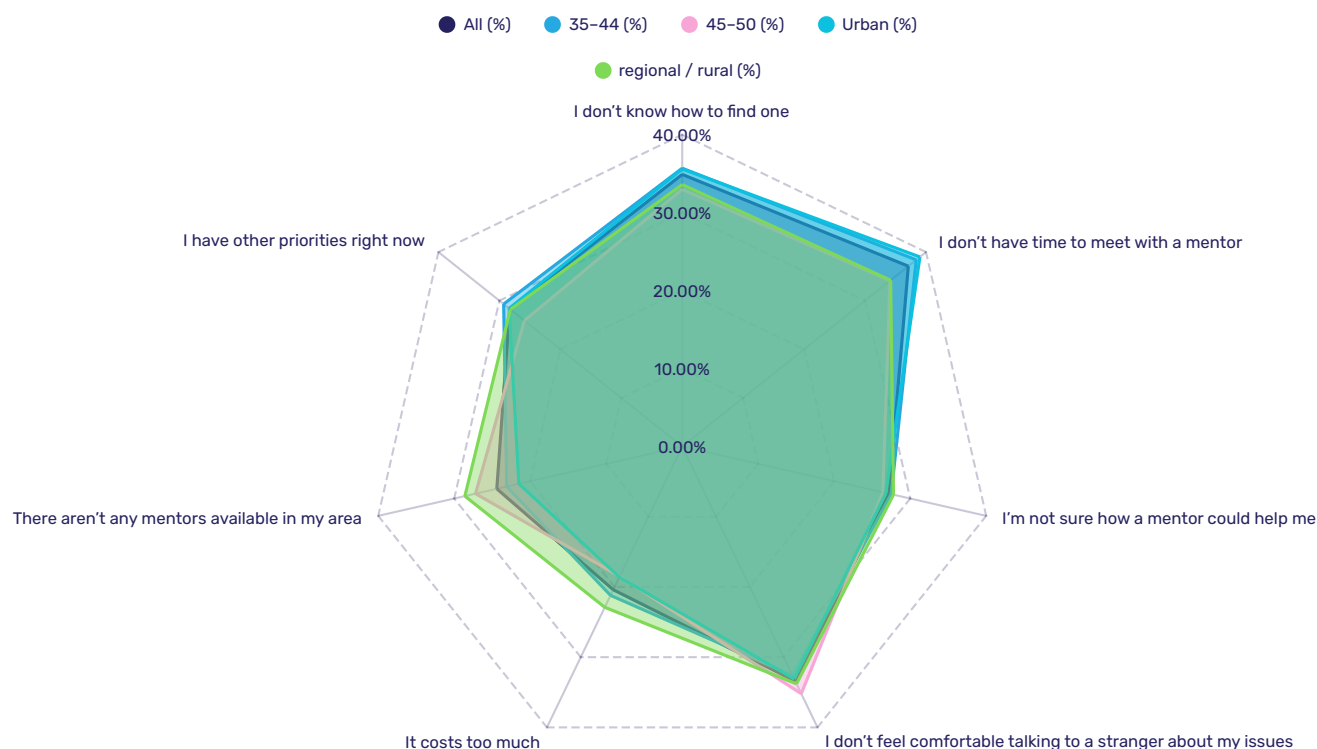
Q5. If it was available in your local area, would you be open to accessing a mentor (free one-to-one support from a man who has been through similar challenges) to help you manage and overcome the factors you selected in Qb?



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Yes	66.10%	67.00%	64.00%	64.00%	70.20%
No	19.20%	18.40%	21.00%	15.10%	30.10%
I don't know	14.70%	14.60%	14.90%	19.00%	9.70%

**Q6. If you said yes, what is currently stopping you from accessing a mentor, if anything?
(Select all that apply)**

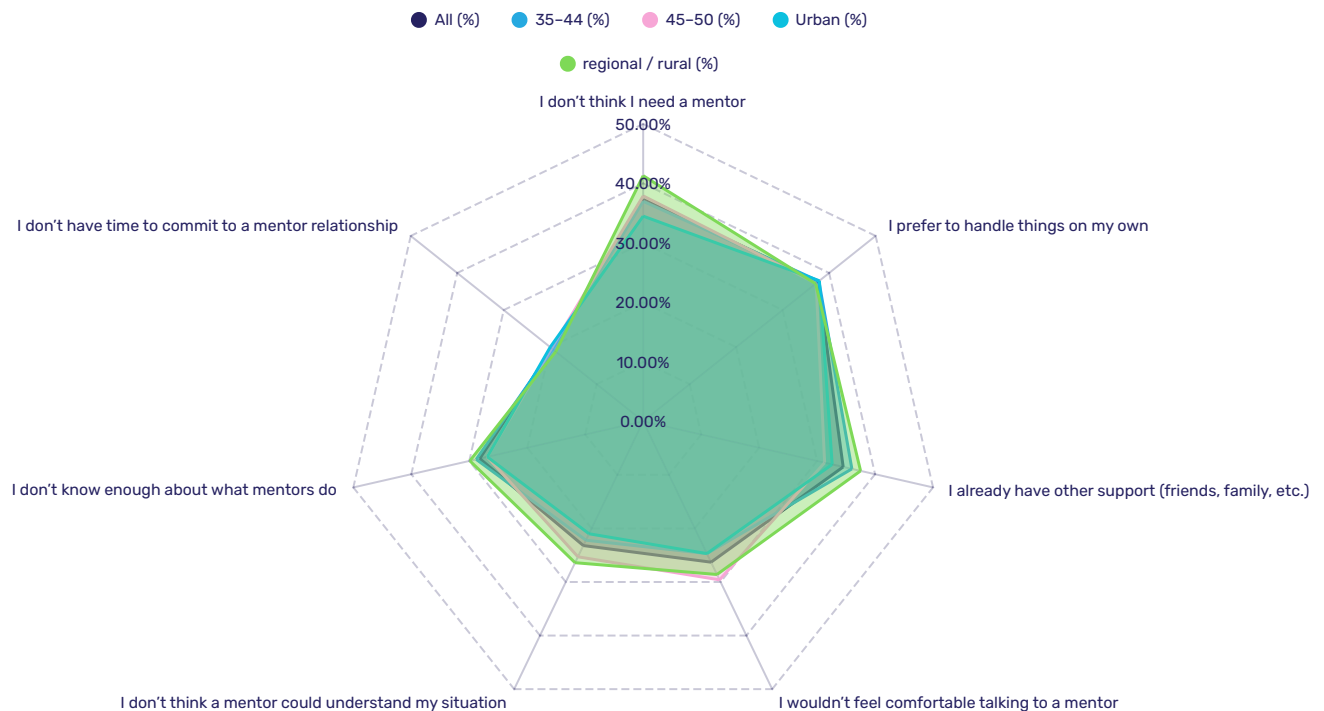
Base: Those respondents who would be open to accessing a mentor (Yes in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
I don't know how to find one	34.90%	35.70%	33.00%	35.60%	33.60%
I don't have time to meet with a mentor	37.10%	38.40%	34.10%	39.00%	34.20%
I'm not sure how a mentor could help me	27.20%	27.50%	26.40%	26.80%	27.80%
I don't feel comfortable talking to a stranger about my issues	33.40%	32.60%	35.20%	33.10%	33.80%
It costs too much	20.40%	21.20%	18.50%	18.60%	22.90%
There aren't any mentors available in my area	24.40%	23.10%	27.20%	21.50%	28.60%
I have other priorities right now	28.30%	29.30%	25.90%	28.40%	28.20%
Nothing is stopping me – I am already a mentor	5.80%	6.10%	5.20%	5.20%	6.80%
Other, please specify	1.50%	1.70%	1.10%	1.70%	1.10%
Not sure	2.40%	2.40%	2.20%	2.20%	2.60%

**Q7. If you said no or “I don’t know,” why would you not be interested in accessing a mentor?
(Select all that apply)**

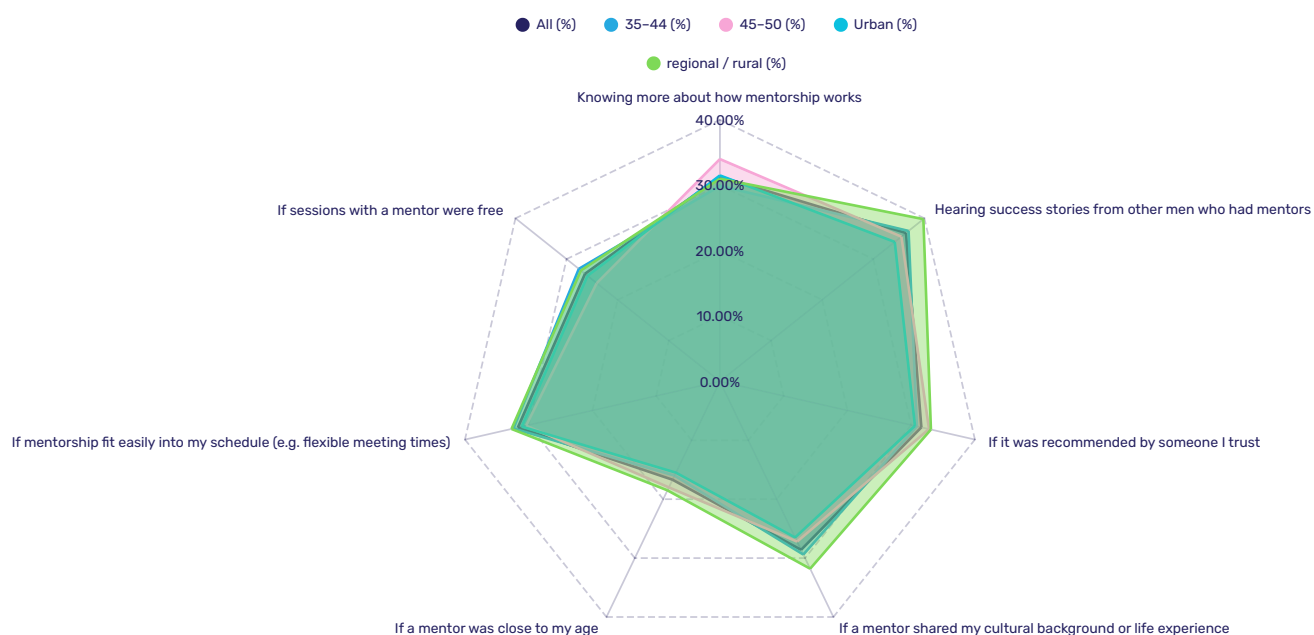
Base: Those respondents who would NOT be open to a mentor or are unsure (No/Don't know in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
I don't think I need a mentor	37.30%	37.00%	37.90%	34.50%	41.30%
I prefer to handle things on my own	37.60%	37.80%	37.20%	37.90%	37.10%
I already have other support (friends, family, etc.)	34.50%	36.00%	31.30%	32.60%	37.50%
I wouldn't feel comfortable talking to a mentor	26.30%	24.70%	29.60%	24.70%	28.60%
I don't think a mentor could understand my situation	23.20%	22.20%	25.30%	21.00%	26.40%
I don't know enough about what mentors do	28.20%	28.80%	26.90%	26.90%	29.90%
I don't have time to commit to a mentor relationship	19.60%	19.50%	19.70%	20.00%	18.80%
It costs too much	8.30%	9.00%	6.90%	8.60%	7.80%
There are no suitable mentors available (e.g. in my area or with relevant experience)	11.40%	12.50%	9.20%	11.00%	12.10%
Other, please specify	1.90%	1.80%	2.10%	1.60%	2.30%
Not sure	8.40%	7.80%	9.50%	11.50%	4.30%

Q8. What factors, if any, would change your mind about seeking mentorship? (Select all that apply)

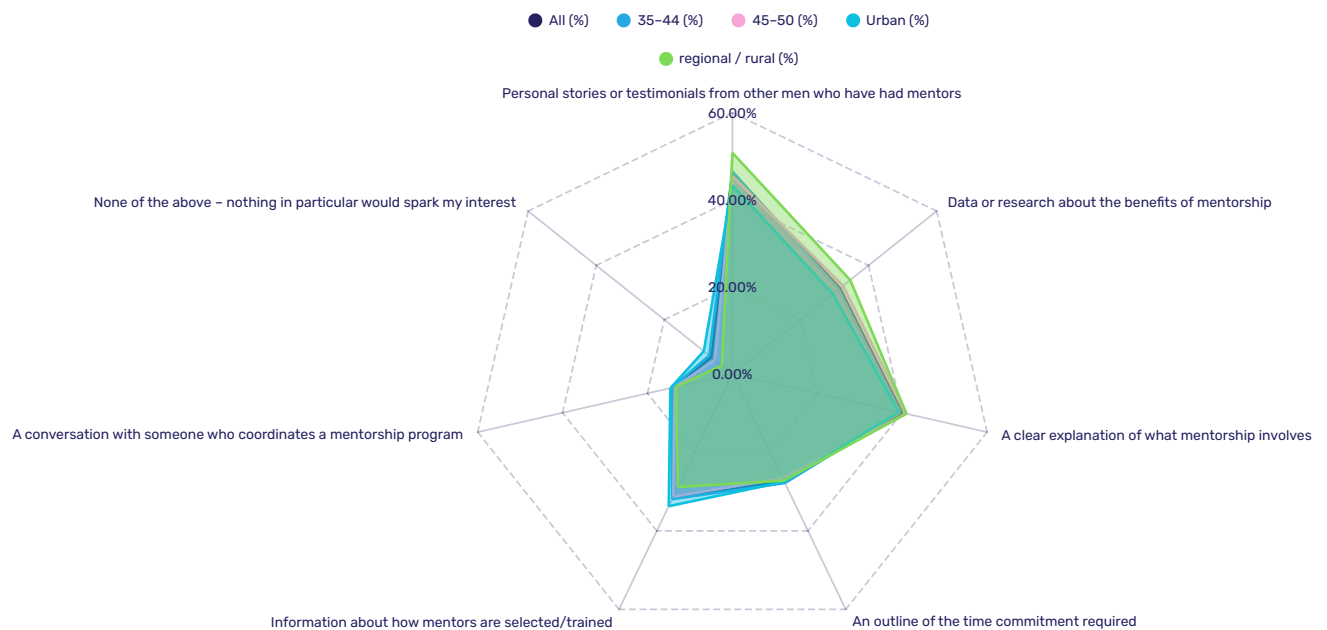
Base: Those respondents who would NOT be open to a mentor or are unsure (No/Don't know in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Knowing more about how mentorship works	31.30%	29.90%	34.00%	31.50%	31.00%
Hearing success stories from other men who had mentors	36.40%	36.90%	35.50%	34.20%	39.80%
If it was recommended by someone I trust	31.60%	30.90%	32.80%	30.60%	33.10%
If a mentor shared my cultural background or life experience	28.60%	29.40%	27.20%	26.50%	31.80%
If a mentor was close to my age	16.70%	16.00%	18.00%	15.50%	18.50%
If mentorship fit easily into my schedule (e.g. flexible meeting times)	31.70%	32.40%	30.40%	31.10%	32.70%
If sessions with a mentor were free	26.40%	27.60%	24.10%	25.90%	27.20%
If sessions could be done remotely (e.g. phone/online)	25.70%	26.90%	23.30%	23.70%	28.70%
Nothing – my mind would not change	10.80%	10.30%	11.70%	14.70%	4.40%
Other, please specify	1.80%	1.70%	2.00%	2.10%	1.30%
Not sure	6.90%	6.40%	8.00%	8.60%	4.40%

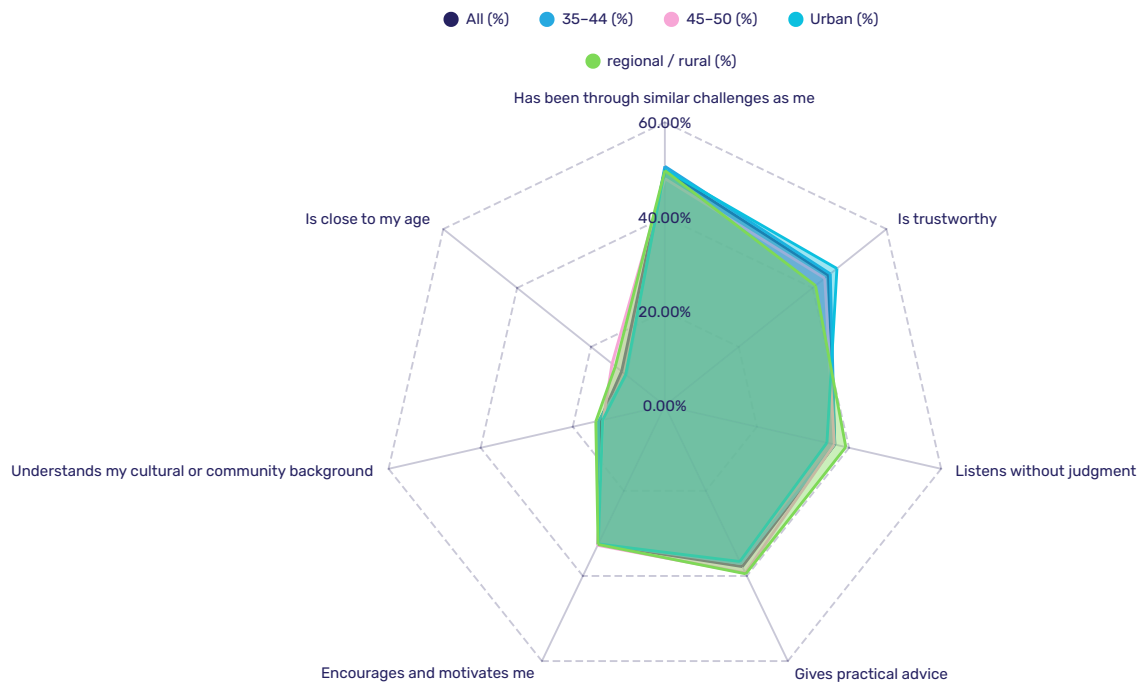
Q9. If you were to access a mentor, what characteristics would be most important for them to have in order for the relationship to be successful? (Select up to 3)

Base: Those respondents who would be open to accessing a mentor (Yes in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Personal stories or testimonials from other men who have had mentors	46.20%	46.50%	45.50%	43.30%	50.80%
Data or research about the benefits of mentorship	31.60%	31.20%	32.50%	29.50%	34.60%
A clear explanation of what mentorship involves	40.00%	39.50%	41.00%	39.20%	41.00%
An outline of the time commitment required	27.40%	27.80%	26.50%	27.50%	27.20%
Information about how mentors are selected/trained	31.70%	31.90%	31.30%	33.70%	28.80%
A conversation with someone who coordinates a mentorship program	14.10%	14.30%	13.60%	14.60%	13.30%
None of the above – nothing in particular would spark my interest	6.20%	6.80%	5.10%	8.40%	3.10%
Other, please specify	1.20%	1.20%	1.20%	1.20%	1.20%
Not sure	6.70%	6.60%	6.90%	6.60%	6.90%

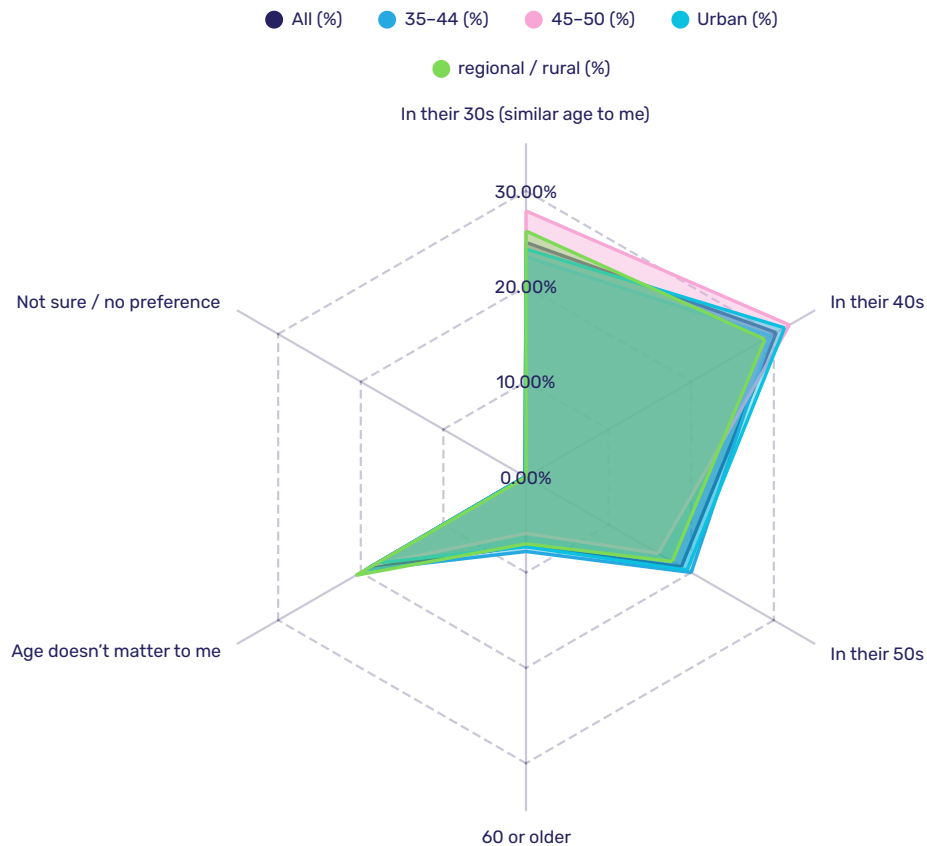
Q10. What kind of information would spark your interest in mentorship the most, and help you learn more about it? (Select up to 3)



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Has been through similar challenges as me	49.90%	50.70%	48.10%	50.00%	49.80%
Is trustworthy	44.30%	44.80%	43.30%	46.60%	40.80%
Listens without judgment	36.90%	36.90%	36.80%	35.20%	39.30%
Gives practical advice	37.80%	37.10%	39.30%	36.60%	39.50%
Encourages and motivates me	32.50%	32.40%	32.80%	32.50%	32.60%
Understands my cultural or community background	14.10%	14.40%	13.40%	13.50%	15.00%
Is close to my age	11.70%	10.40%	14.30%	10.60%	13.40%
Lives in my local area	12.30%	12.00%	12.80%	10.60%	14.70%
Is a good communicator	28.40%	28.60%	28.00%	28.50%	28.20%
Has professional qualifications (e.g. counselor)	9.10%	9.80%	7.70%	10.10%	7.60%
Other, please specify	0.80%	0.80%	0.80%	0.80%	0.80%
Not sure	2.10%	1.90%	2.50%	1.40%	3.20%

Q11. How old would your ideal mentor be?

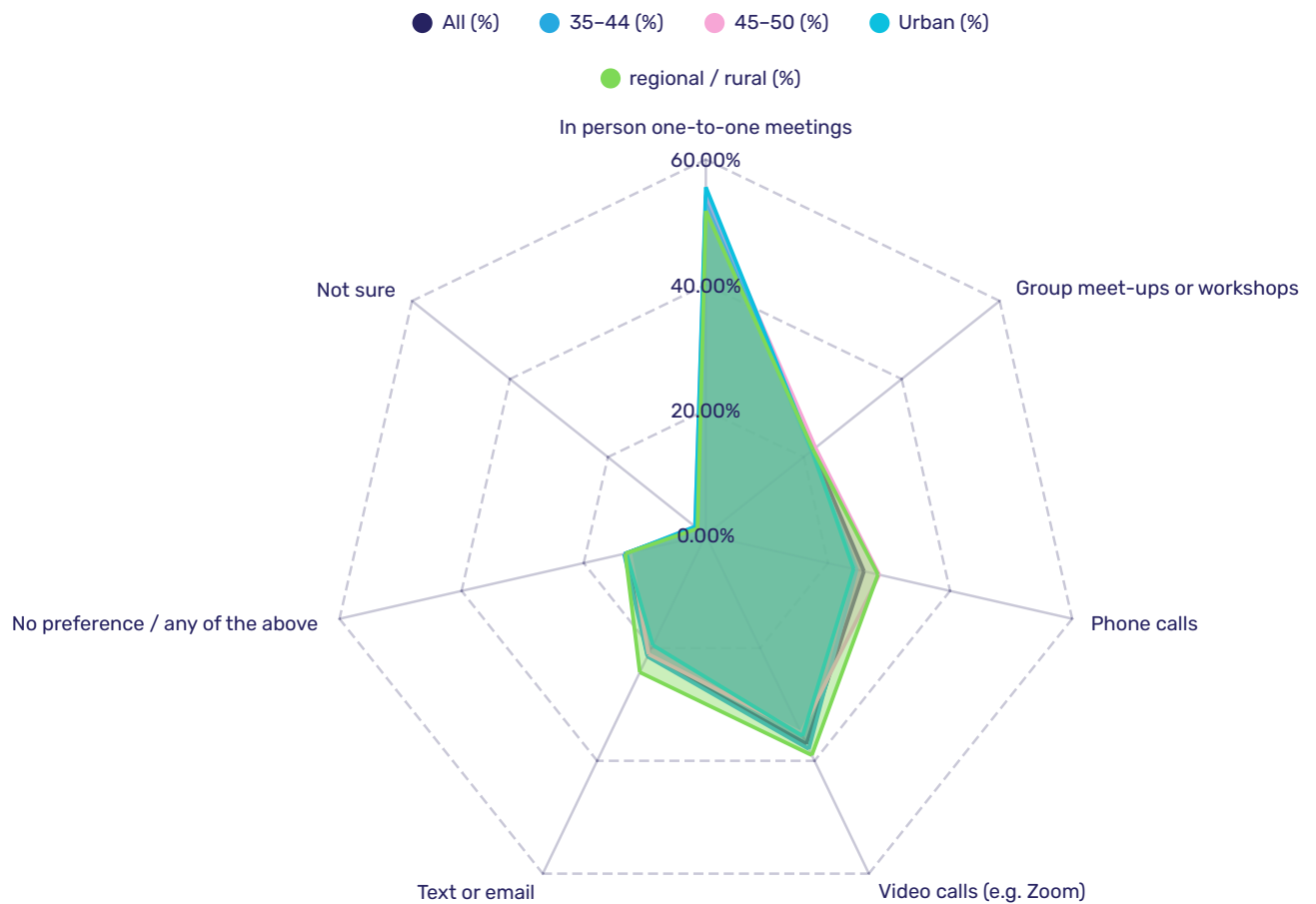
Base: Those respondents who would be open to accessing a mentor (Yes in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
In their 30s (similar age to me)	24.60%	23.10%	27.90%	23.90%	25.80%
In their 40s	30.30%	29.60%	31.90%	31.30%	28.90%
In their 50s	18.80%	20.00%	16.00%	19.50%	17.70%
60 or older	7.20%	7.80%	5.90%	7.30%	7.00%
Age doesn't matter to me	19.00%	19.50%	18.30%	18.00%	20.60%
Not sure / no preference	0.10%	0.10%	0.00%	0.10%	0.00%

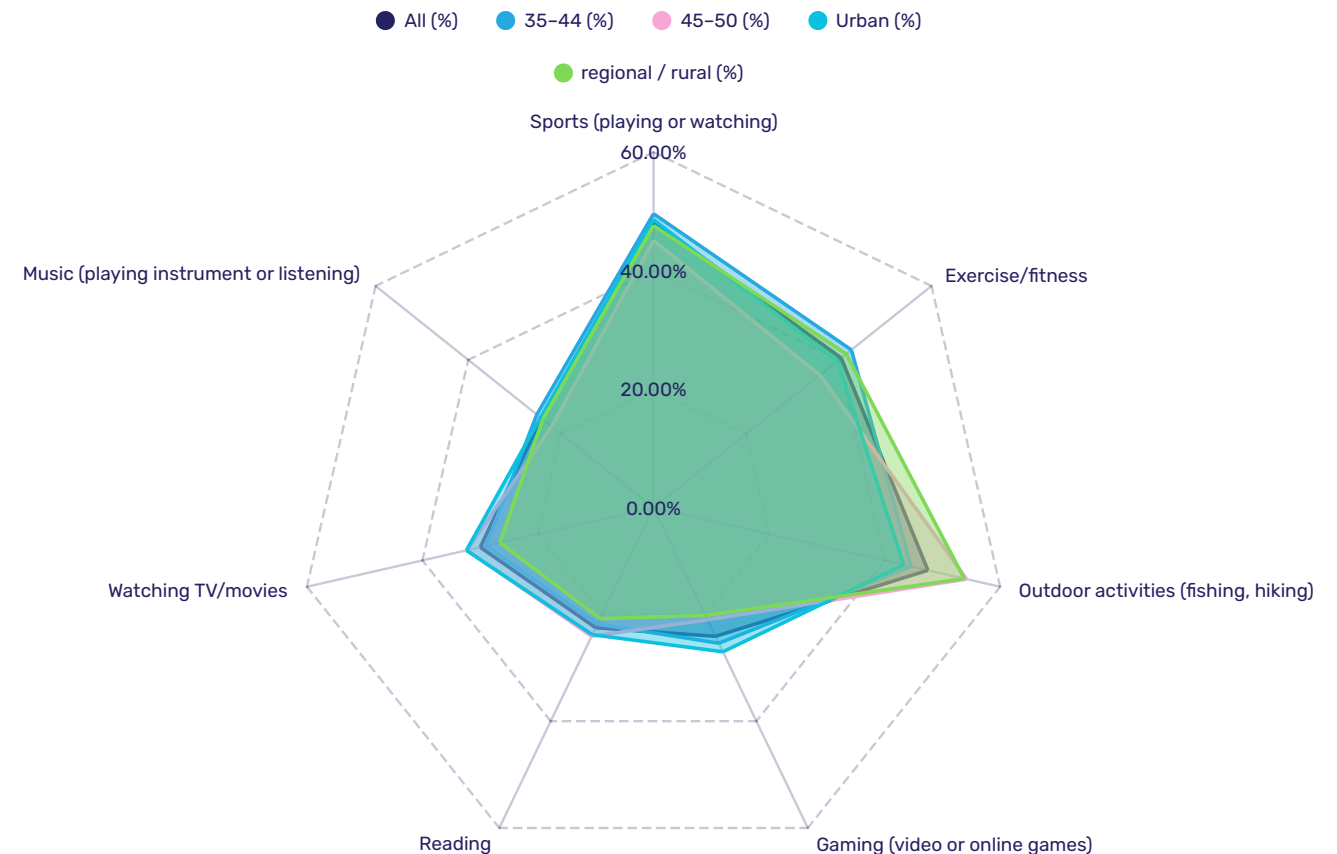
Q12. How would you most like to connect with a mentor, if in any way?

Base: Those respondents who would be open to accessing a mentor (Yes in Q5).



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
In person one-to-one meetings	54.10%	53.90%	54.40%	55.60%	51.80%
Group meet-ups or workshops	21.80%	21.50%	22.40%	21.70%	21.90%
Phone calls	25.90%	24.70%	28.40%	24.20%	28.20%
Video calls (e.g. Zoom)	37.00%	37.90%	35.00%	35.60%	39.00%
Text or email	21.40%	21.50%	21.10%	19.50%	24.30%
No preference / any of the above	13.10%	13.40%	12.40%	13.00%	13.20%
Not sure	2.00%	1.90%	2.20%	2.20%	1.70%

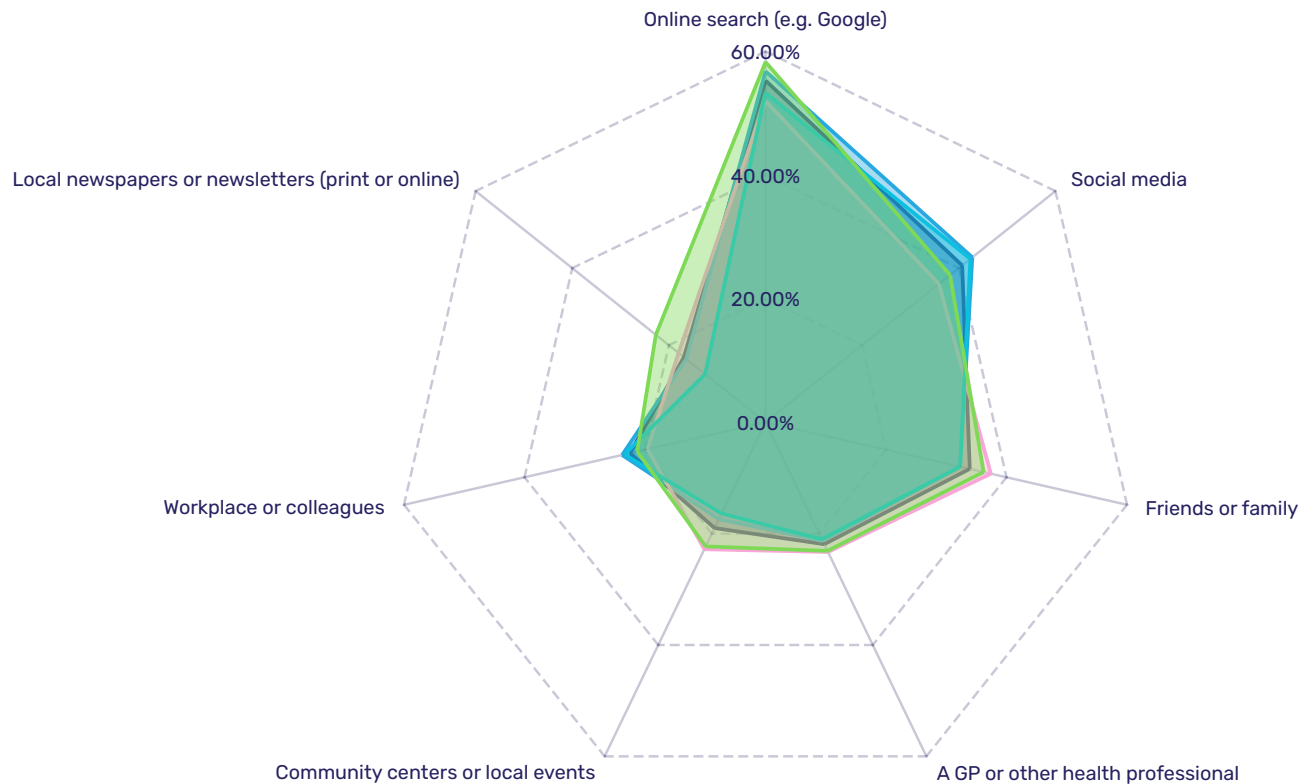
Q13. What are your main hobbies and interests, if any? (Select up to 3)



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Sports (playing or watching)	48.20%	49.60%	45.10%	48.60%	47.60%
Exercise/fitness	40.50%	42.70%	35.90%	39.70%	41.60%
Outdoor activities (fishing, hiking)	47.50%	44.60%	54.20%	43.30%	53.80%
Gaming (video or online games)	24.10%	25.40%	21.00%	27.00%	20.20%
Reading	22.50%	21.80%	24.10%	23.80%	20.80%
Watching TV/movies	30.00%	29.00%	32.30%	32.40%	26.60%
Music (playing instrument or listening)	24.20%	25.20%	22.00%	24.40%	23.90%
Arts and crafts (drawing, woodworking)	12.70%	12.80%	12.50%	11.40%	14.60%
Volunteering/community service	7.20%	7.60%	6.40%	6.40%	8.40%
Cooking	14.70%	15.70%	12.50%	15.50%	13.60%
Gardening	13.20%	10.90%	18.30%	10.50%	16.90%
Travel	27.40%	27.20%	27.90%	29.50%	24.70%
None of the above	0.90%	1.20%	0.20%	1.30%	0.20%
Other, please specify	1.10%	1.40%	0.30%	0.90%	1.40%
Not sure	0.40%	0.30%	0.70%	0.40%	0.50%

Q14. Where are you most likely to find out about services or groups that are relevant to you, if anywhere? (Select up to 3)

● All (%)
 ● 35-44 (%)
 ● 45-50 (%)
 ● Urban (%)
 ● regional / rural (%)



Response	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / rural (%)
Online search (e.g. Google)	55.30%	56.80%	52.00%	53.30%	58.30%
Social media	40.70%	42.80%	35.90%	42.40%	38.20%
Friends or family	33.90%	32.30%	37.40%	32.30%	36.20%
A GP or other health professional	21.90%	21.30%	23.30%	21.00%	23.10%
Community centers or local events	19.00%	17.40%	22.80%	16.40%	22.30%
Workplace or colleagues	22.50%	23.80%	19.60%	23.40%	21.30%
Local newspapers or newsletters (print or online)	16.90%	16.40%	18.00%	12.50%	22.70%
Radio or podcasts	15.80%	14.90%	17.70%	15.10%	16.80%
Government websites or offices	12.30%	11.80%	13.50%	11.00%	14.10%
Religious or cultural groups	7.70%	7.30%	8.70%	6.80%	8.90%
I'm not likely to find out about services/groups	2.90%	2.70%	3.30%	3.30%	2.40%
Other, please specify	0.70%	0.70%	0.70%	0.60%	0.80%
Not sure	4.80%	4.90%	4.60%	5.30%	4.10%

Q15. How often, if ever, do you feel:

That you lack companionship?

Frequency	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / ru
Hardly ever	33.10%	34.40%	30.00%	34.50%	30.90%
Some of the time	47.10%	46.90%	47.50%	47.20%	47.00%
Often	19.90%	18.70%	22.50%	18.40%	22.10%

That you feel left out?

Frequency	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / ru
Hardly ever	31.90%	32.80%	29.90%	35.20%	27.00%
Some of the time	49.50%	49.80%	48.60%	48.60%	50.80%
Often	18.70%	17.40%	21.50%	16.30%	22.30%

Isolated from others?

Frequency	All (%)	35-44 (%)	45-50 (%)	Urban (%)	regional / ru
Hardly ever	31.60%	33.20%	27.80%	34.00%	28.00%
Some of the time	47.90%	47.60%	48.60%	46.50%	49.90%
Often	20.60%	19.20%	23.60%	19.50%	22.10%

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