



THE MEN'S TABLE

Social capital through care and connection

Impacts at a Glance 2024



Australia has a mateship crisis

1 in 4

report poor social networks

1 in 4

have no-one to share their private worries and fears with

1 in 3

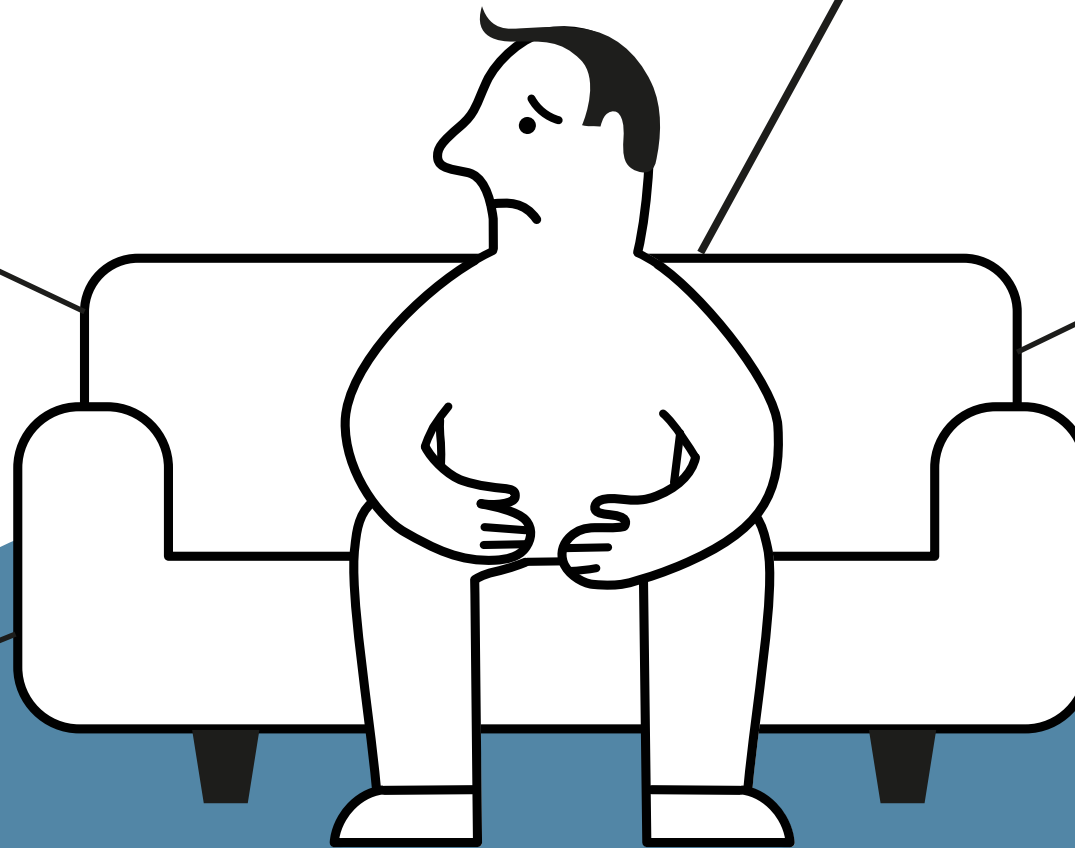
experience periods of loneliness

1 in 4

have no-one outside of immediate family they can rely on

3 in 5

have lost contact with more mates than they would like

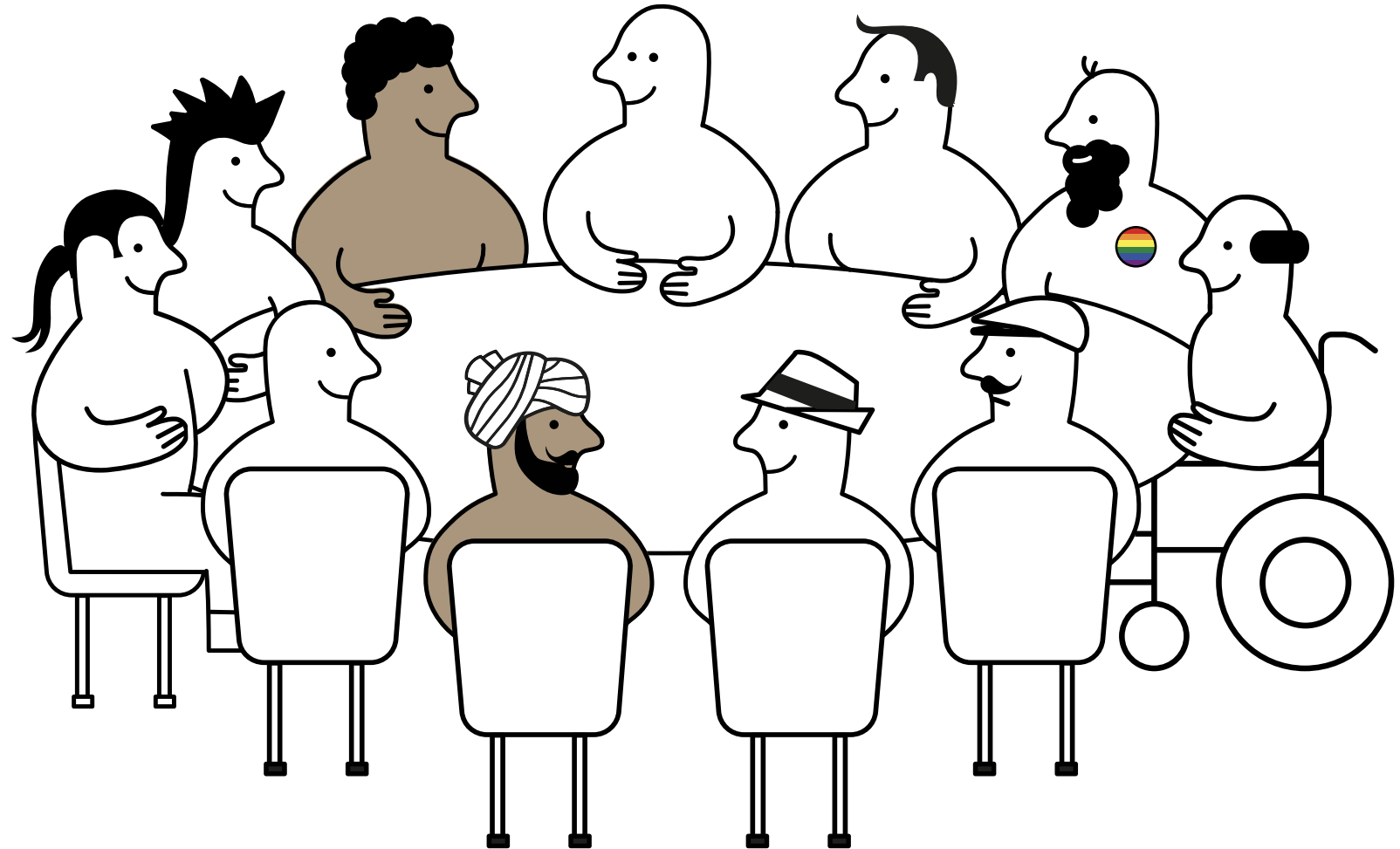
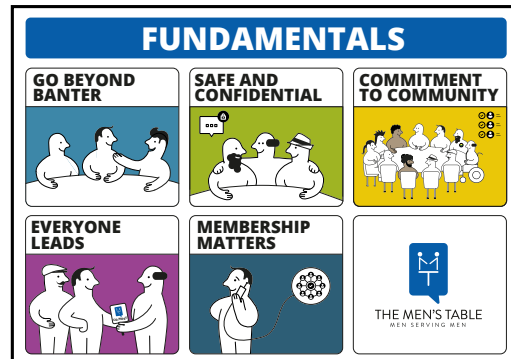


What is the Men's Table?

Groups of 10-12 men, who meet once a month over dinner to share the highs and lows of their lives and how they're really feeling in a safe and trusted place.

It began through the Lived Experience of 12 men at the first Men's Table for 7.5 yrs dealing with; life's bumps and scrapes, big stuff happening, being a healthy peer support group, being men

TABLES ARE FORMED WITH A SET OF GUIDELINES; THE 'FUNDAMENTALS'



The data in this report comes from the 2024 Annual Table Survey unless otherwise stated.

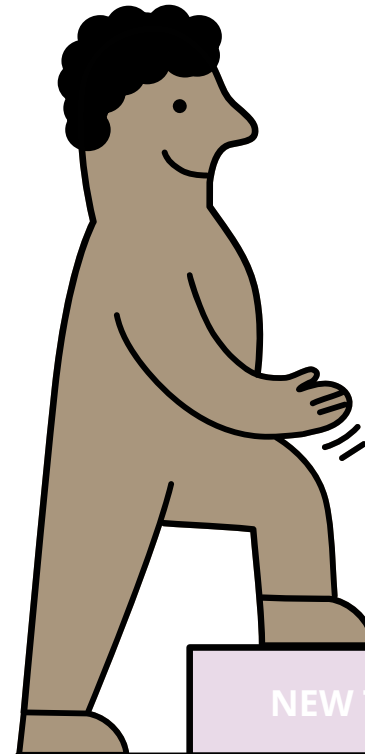
Why men attend

“ I feel safe expressing my thoughts and emotions, even the ones that feel shameful, and no one in the group attempts to repair, fix, or advise. They just listen.”

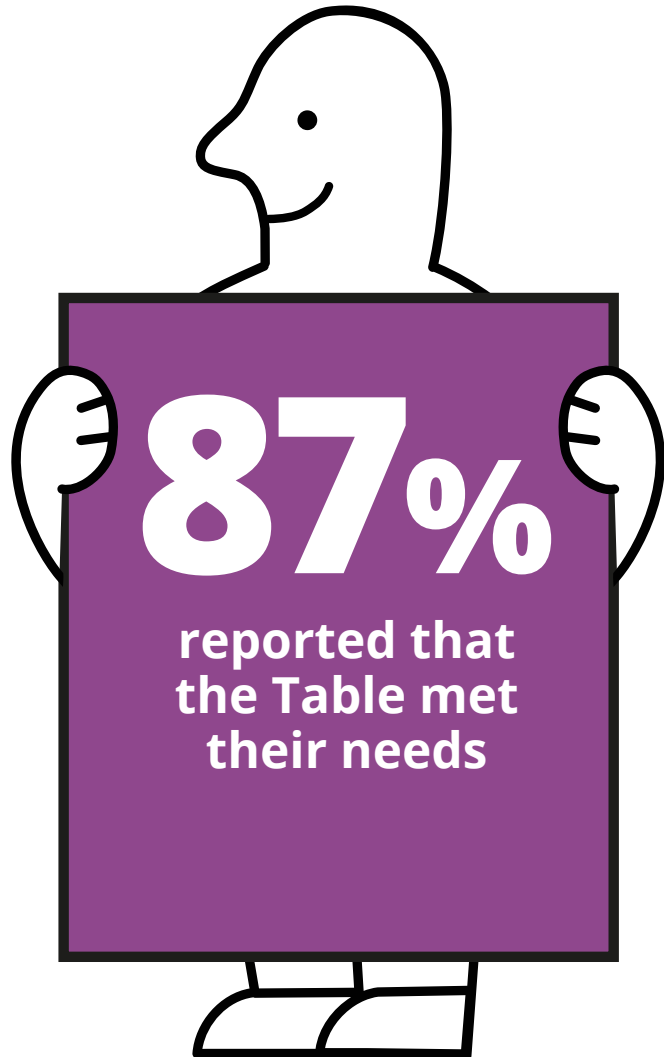
WELCOME



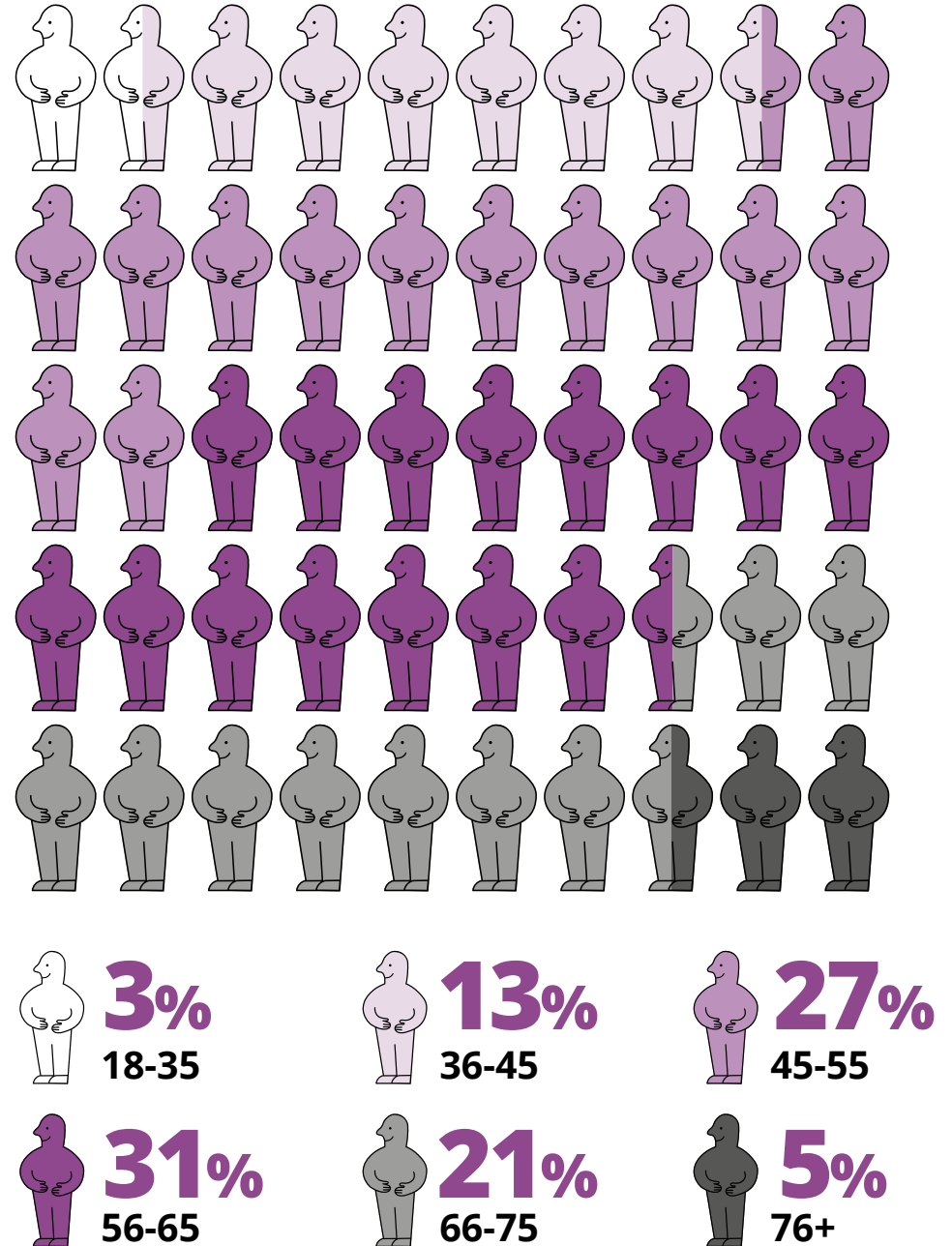
THE MEN'S TABLE
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Men at Tables



AGE OF MEN BY PROPORTION



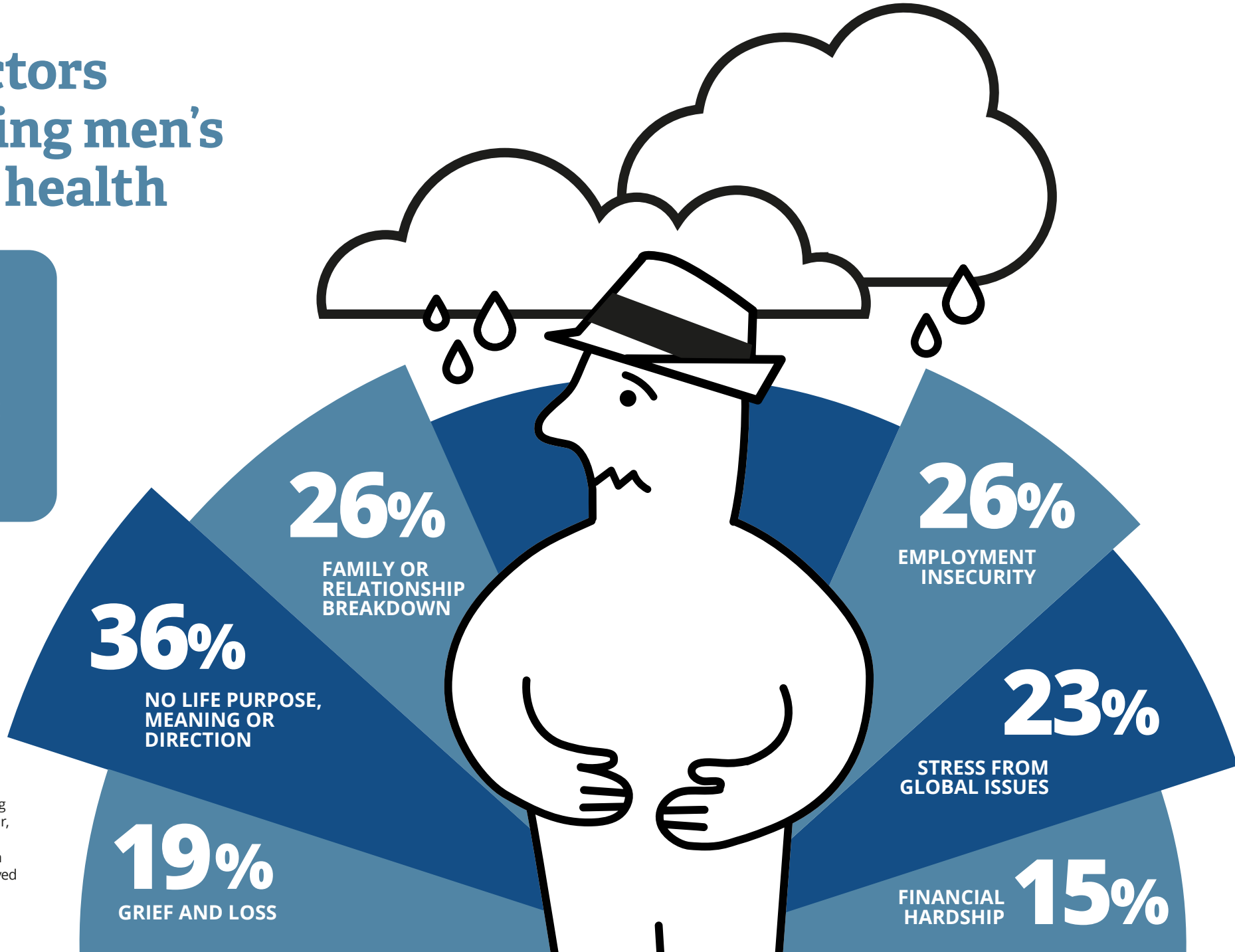
Life factors impacting men's mental health

IN 2024

55%

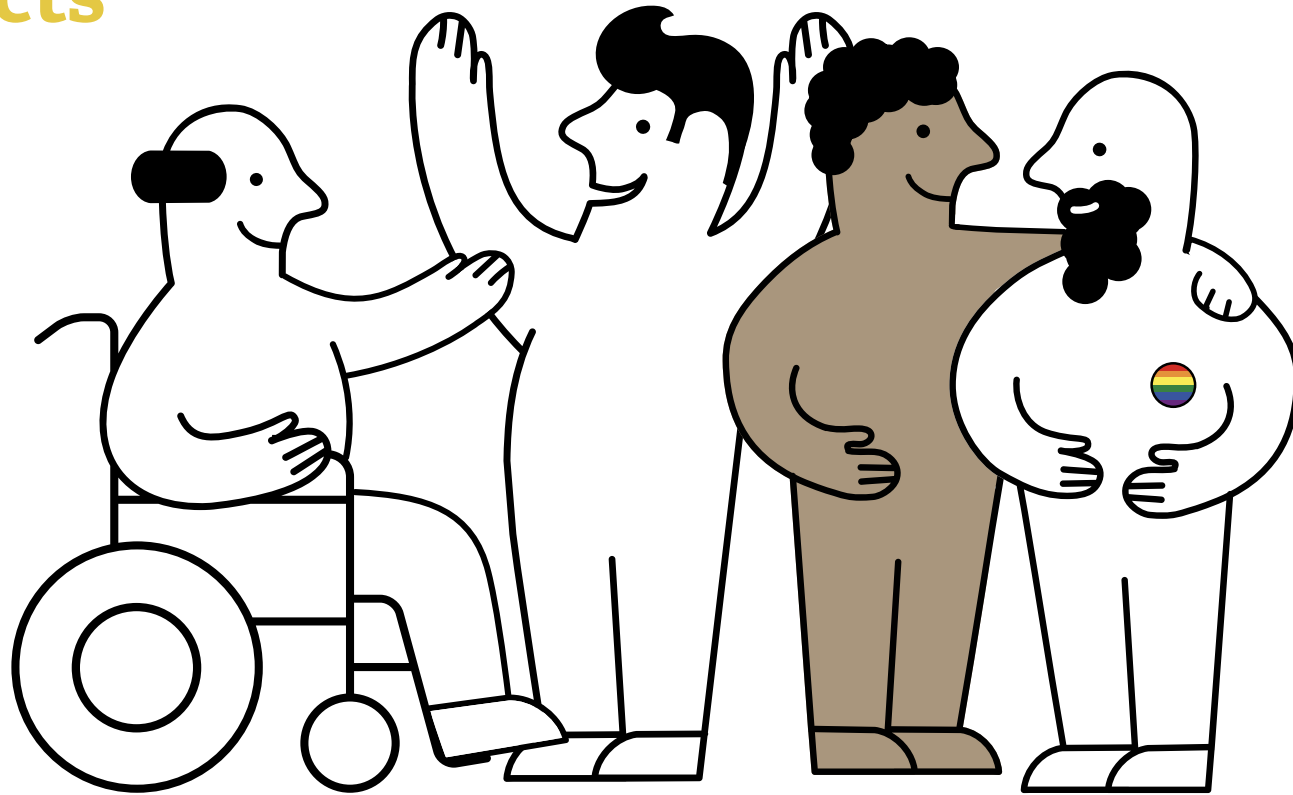
OF MEN HAVE A LIVED EXPERIENCE OF SUICIDE*

Compared to 54% in 2023



* **Definition:** A lived or living experience of suicide is having suicidal thoughts or behaviour, surviving a suicide attempt, supporting someone through suicidal crisis, or being bereaved by suicide.

Health and well-being impacts



49%
were more likely to get a medical checkup



54%
were more likely to seek professional help for their mental health when they need it



87%
said their Table supports their mental health and wellbeing



57%
reported being better able to manage if they are stressed, anxious or feeling low



60%
are better able to understand and manage their emotions



The Men's Table is a total winner. There are few other places men can share openly."



Our Table is a place where I can practice listening and talking from the heart"



I have developed some genuine connections with men that I consider to be trustworthy friends. They are loyal and they have my back, so to speak."

Safe places for a conversation with care

95%

of men say that their Table is a safe place to share feelings and talk about the highs and lows of their lives

90%

of men say that the Fundamentals help guide how to be a Healthy Table

79%

of men say that they are a better listener

Capacity Building of Men at Tables

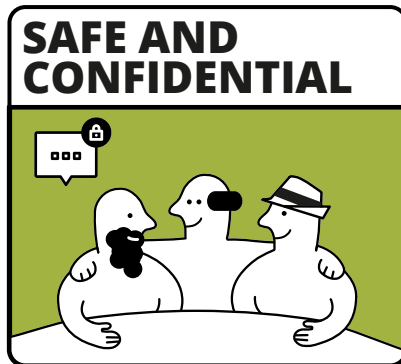
97%

99%

94%

91%

96%



Note: Data shows men who responded OK or Very Well for how they are doing with the 5 Men's Table Fundamentals

Tables build social capital through meaningful connections

71%

of men are less lonely

75%

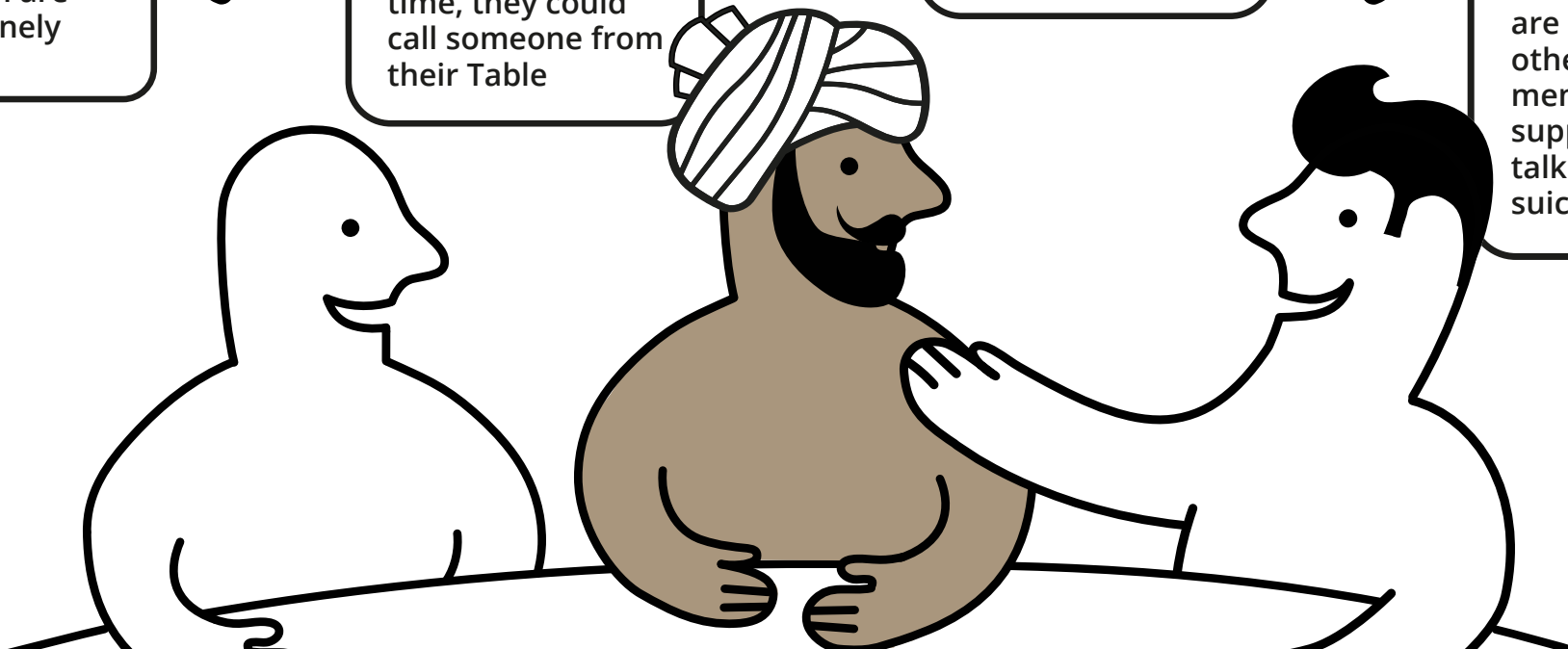
of men say that if they were going through a rough time, they could call someone from their Table

64%

of men say there's been a positive impact on their relationships outside of their Table

70%

of men say they are able to help other Table members seek support if they talk about suicide



Supporting safe and vibrant communities

47%

of men say they are more actively engaged in their community

82%

of men say they feel that they belong to a community

64%

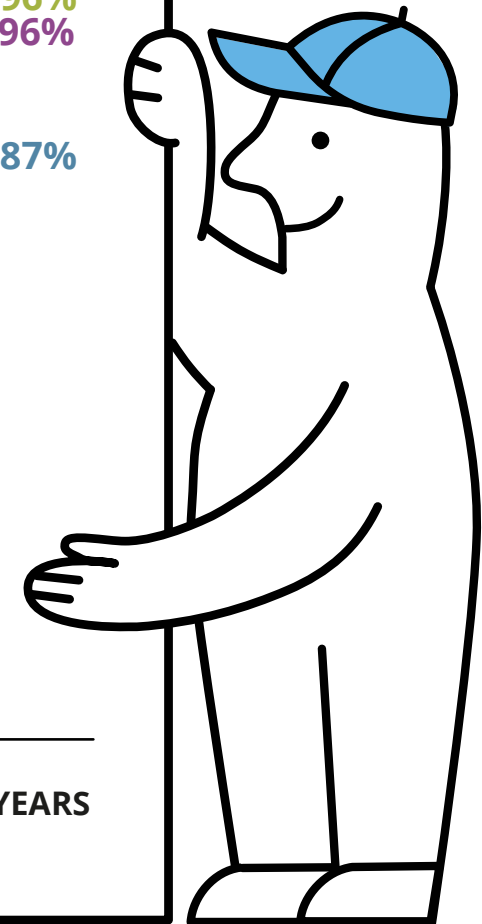
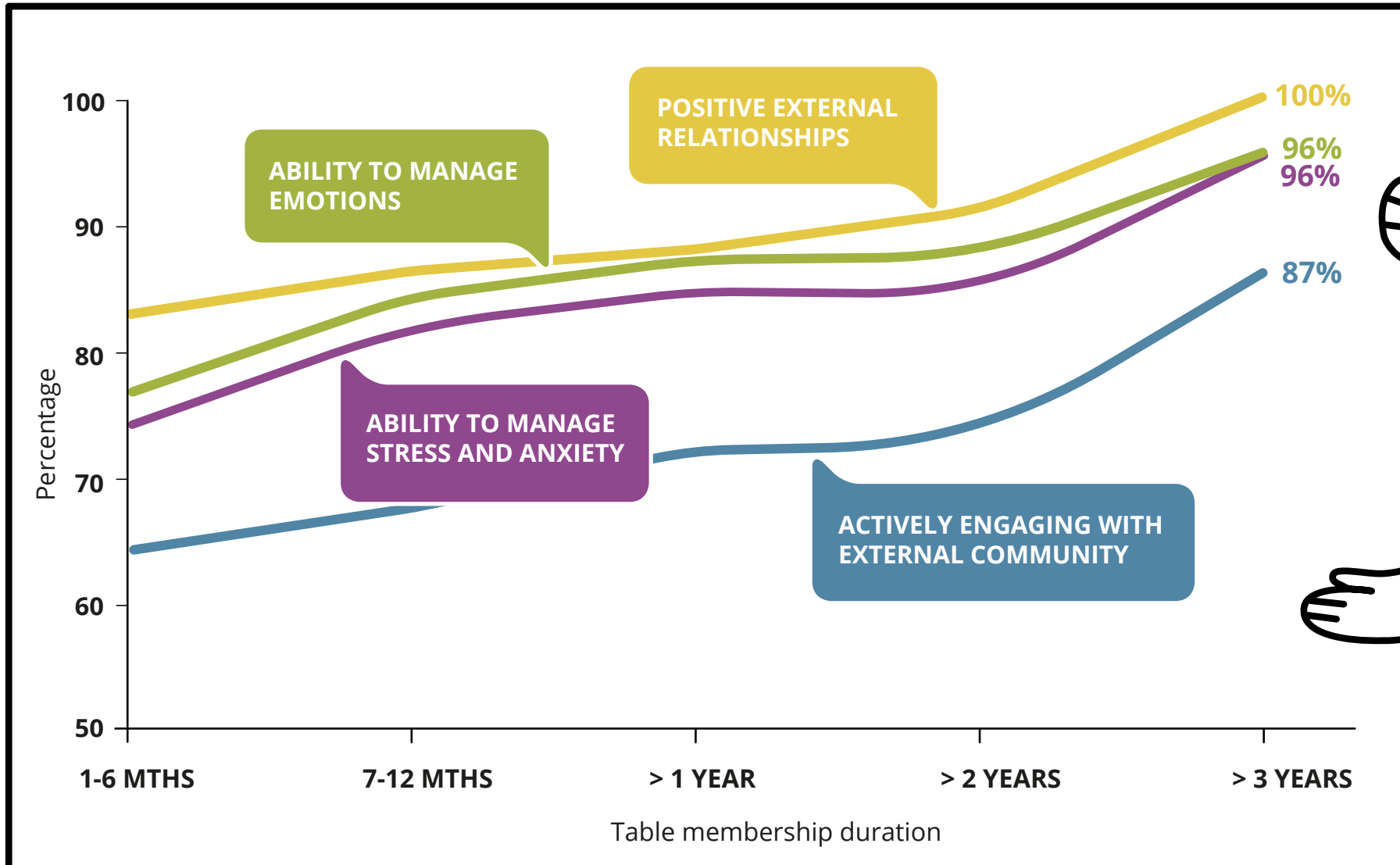
of men are better able to model healthy versions of being a man since being at a Table

82%

of men say it is more important to them that younger men are supported to be good men since being at a Table



As Tables endure, the impact grows



Healthy masculinities are visible at Tables



* the voices of women, in Men's Table Ripple Effect 2023, P60



Positive male peer relationships are a protective factor for reducing violence against women and children”

National Plan to End Violence Against Women and Children 2022-2032 (Department of Social Services, 2022, p. 20)



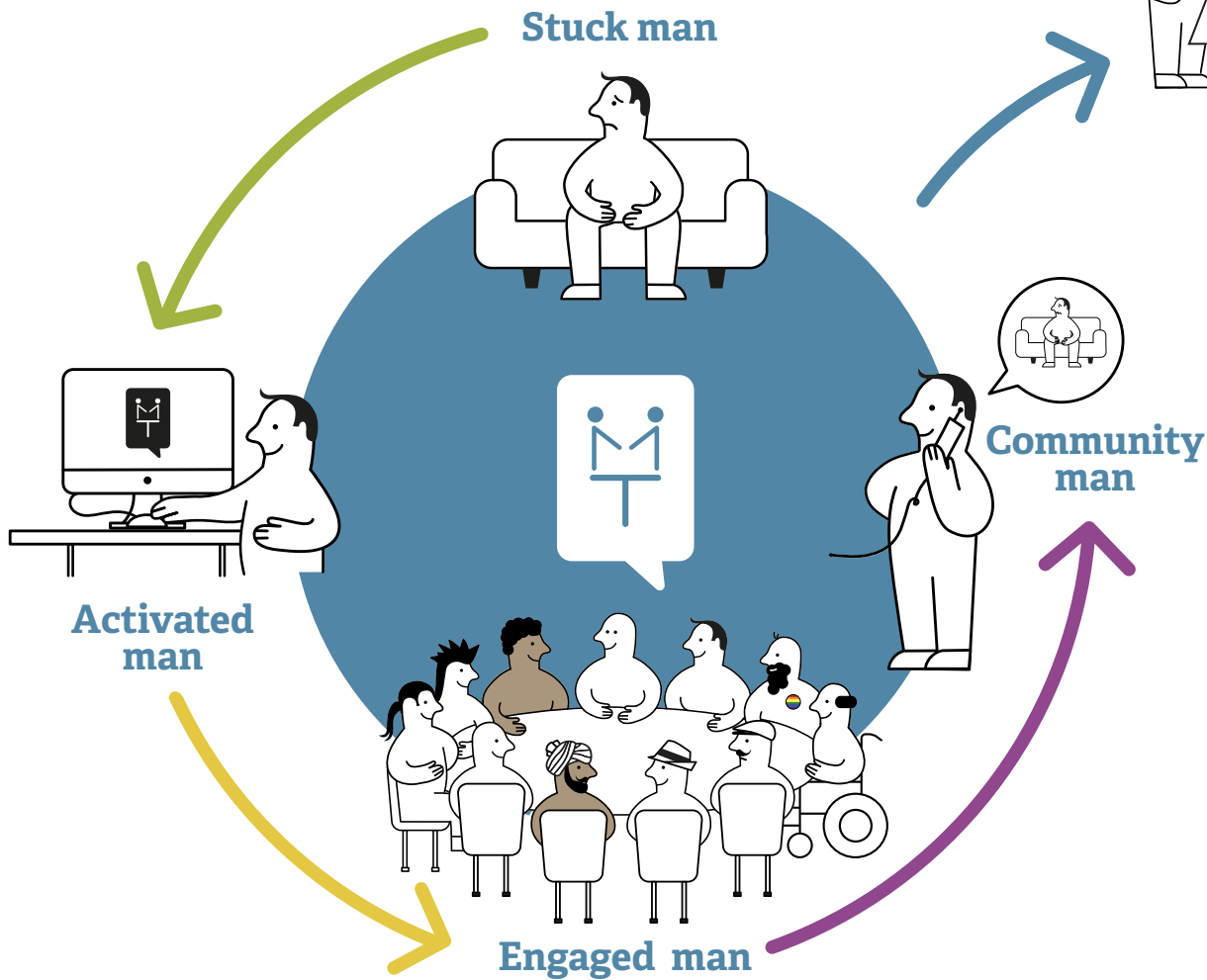
When a man looks after himself so he is then able to care for his family, friends and community.”



I think it is all about expressing yourself without feeling restricted while being understanding of others, no harm no foul.”

Note: Keyword analysis of 13,055 words from 816 respondents to 'What is healthy masculinity to you?'. Emotional openness and vulnerability (42%); Respect and empathy (25%); Authenticity and self-improvement (30%); Communication and support (27%)

Healthy communities through positive ripple effects



Men's Tables provide protective factors for men's wellbeing; safe places to share, meaningful social connection, and belonging in community.

Healthy masculinities are visible at Tables.

Tables create lasting positive impacts for men, their families and our communities.



THE MEN'S TABLE
MEN SERVING MEN

Keen to partner with us, or refer a man you know?

Call us on **1800 636 782** or email **hello@themenstable.org**

www.themenstable.org

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