

# MENSLINK IN 2025

In 2025, we supported over **10,000** young men through our no-cost mental health programs.

## MENTORING

**50**

current mentoring matches in the Canberra community.

**30**

young fellas began their Menslink journey with their preferred mentor.

**52**

regular events to help build a connected Menslink community.

## COUNSELLING

**466**

young men accessed Menslink counselling.

**1752**

counselling sessions provided across Canberra.

**78%**

of clients felt they had more ideas & strategies to help themselves.

n = 98

## EDUCATION

**10,000**

young men in the Canberra region received preventative mental health education.

**557**

sessions delivered to schools across the Canberra region.

**4/5**

reported positive mental health outcomes following our programs

n = 6770



DONATE



REFER A YOUNG FELLA