

## How to join Mentoring Men

Mentoring Men is a free service that carefully matches you with another adult male who is trained to listen, support and help you define meaning, hope and goals in your life.

### Seek a Mentor

Simply scan the QR Code and complete the Mentee form which can be found on our website.



### Become a Mentor

Simply scan the QR Code and complete the Mentor form which can be found on our website.



There are 9 suicides a day, **7 of them are Men.**

**45%** of men will experience **mental health challenges.**



## Where no man walks alone



Contact:

1300 583 925  
[www.mentoringmen.org.au](http://www.mentoringmen.org.au)  
[info@mentoringmen.org.au](mailto:info@mentoringmen.org.au)  
[@mentoringmenaus](https://www.instagram.com/mentoringmenaus)



## What is Mentoring Men?

Our Mission is *Supporting men in their life journey.*

Many of us experience periods of anxiety, feeling helpless, mental health issues, low self-esteem and other distressing life challenges.

This is where a **Mentor** can make a real difference in your life.

Mentoring Men is a registered Australian charity providing **free long-term one-to-one life mentoring programs for men Australia wide.** We focus on a proactive approach, engaging with men who need help before they spiral into crisis.

We welcome all men to engage in our mentoring programs and strive to be as diverse as the communities we serve and work within. Currently our **Mentors collectively speak over 60 languages.**

## What will a Mentor do?

The Mentor will:

- Listen and support
- Help with goal setting
- Help with relationship challenges
- Help take action on mental health issues (or refer as appropriate)
- Help improve confidence and self-esteem
- Help increase your capacity to move forward in areas where you may be stuck

## How does Mentoring Men work?

**Mentoring Men is made up of Mentees and Mentors**

**Mentee** - a man who seeks to improve their life with support from a Mentor.

**Mentor** - a man who volunteers his time to meet, listen and help a Mentee in his life journey.

Every Mentor is professionally trained in mentoring communication skills, self care and suicide awareness. Mentors are further supported through peer support groups and regular check-ins from our program support team which includes qualified mental health professionals.

Mentors and Mentees are carefully matched based on numerous factors (age, location, life experiences) relevant to fostering a successful relationship.

Each mentoring relationship runs for a minimum of 6 months. This long term commitment to meet each week/fortnight enables the relationship to grow into high trust.

## Programs we offer

### How we stay connected

- Mentee / Mentor Programs
- Peer Support Groups
- Online Forums
- Community Events

.....

*"As a Mentor, being part of my Mentees' healing, self-discovery and growth has been deeply humbling and highly rewarding."*

.....

## Who Benefits?

The program is rewarding for everyone

The **Mentee** can see a number of results:

- Increased resilience, emotional awareness and communication
- A renewed sense of purpose
- Reduced feeling of isolation
- Improved relationships
- Encouraged integration
- Higher levels of service and contribution to the community

Family, friends and workmates around the Mentee also benefit from these improvements.

For the **Mentor** the following benefits have been recorded:

- A strong sense of fulfillment and purpose knowing their time and contributions are helping someone in need
- A sense of achievement knowing they are helping to make a difference by addressing key issues in society

*"It's changed my perspective - I am enough."*

