



THE MEN'S TABLE
MEN SERVING MEN

A SAFE SPACE

HEALTHY MEN, HEALTHY MASCULINITIES, HEALTHY COMMUNITIES

The Men's Table is a preventative men's mental health and community-building initiative, providing a simple, low-cost, grassroots approach. It helps men build meaningful male friendships by creating safe places to share, overcoming the stigma that "men don't talk".

What we are about

Our vision is Healthy Men, Healthy Masculinities, Healthy Communities. The Men's Table enables adult men to meet on a monthly basis with the same group of men to share a meal and talk openly about their feelings, and the highs and lows that are impacting their lives and well-being.

It's healthy to show emotions and share feelings. When men have an opportunity to do this, they build relationships which can strengthen the resilience of the whole community.

Why we exist

The Men's Table hypothesis is that fostering social connection through participation in a Table is a preventative enabler of men's mental health and emotional wellbeing. The simple model is based on regular interaction between men in an environment in which meaningful conversation and mutual support are expected and role-modelled among members.

How and Where we operate

The Kitchen is The Men's Table's central office serving the Tables and providing a coordinating, developmental and governance role to support the growth and fidelity of our model. We have Tables in communities in several states and are working to continually expand our presence across Australia.

The Men's Table model is introduced with a proven local community activation and outreach process and then receives ongoing mentorship and assistance to maintain a healthy Table using the guidelines learned from other groups.

Impact and Outcomes

Our anonymous annual Table survey invites men to share, among other things, their reasons for joining a Table; why they stay; and the impact of the Table on their life. Some of the benefits reported are outlined:

84%

felt a stronger sense of community belonging

73%

felt better social connection

95%

felt it was a safe place to share

85%

felt it was a place to share feelings, vulnerability

80%

reported a benefit to their mental health and wellbeing

61%

reported an improvement to their communication skills



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This is a safe space to speak openly without judgement with a like-minded group of good men.”

“

We share our own stories, confident that no one will try to fix or advise us, knowing that our open listening is valuable and welcomed.”

“

This level of connection goes beyond the superficial level common in most male banter, and intentionally dives deeper.”

Partner with us to get a man off the couch and to a Table of men



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