

MATES4MATES

Here for those impacted by service.

Our Impact in 2021.

Helping veterans and their families find a way forward.

At Mates4Mates, we actively changed lives in 2021, one connection at a time. Through our Family Recovery Centres across Australia, plus our outreach and online services, thousands of veterans and their families found a new way forward – and Mates4Mates were here to help them every step of the way.

1,157 Mates connected with us through our **online social connection activities** and **clinical services**.

We facilitated **13,209** **social connections**, a 50% increase compared to 2020, bringing veterans and their families across Australia together to reduce isolation.



More than **27,100** connections were made between staff and Mates face-to-face and online.

This is a **15% increase** since 2020.

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3,955 **exercise physiology individual appointments** were provided in 2021 to improve injuries and help more veterans manage their pain.

3,653 **psychology appointments** were provided in 2021 to improve the mental health of our ADF community.

Physical rehabilitation and wellbeing programs resulted in **10,300** **points of connection** between staff and Mates.

528 **psychology and exercise physiology** appointments were delivered through telehealth, increasing accessibility services.

Over **7,300** **veterans and their families** have directly benefited from our services since we first launched in 2013.

83% increase in 18-29 year old Mates.

We saw a **30%** increase in new members in 2021. This includes an **83% increase among 18-29 year olds**, a **30% growth in current-serving Defence personnel**, and a **36% increase in females**, all accessing Mates4Mates services.

