

# MATES4MATES

Here for those  
impacted by service.

## Our Impact in 2020.

### Changing the lives of veterans and their families in 2020.

At Mates4Mates, we know how challenging it can be to overcome service-related injuries and mental health issues. But, through our wide range of integrated support services, thousands of veterans and their families found a new way forward in 2020.



**2,269 exercise physiology sessions** were provided in 2020 to improve injuries and help more people manage their pain.



We saw a **21% increase in new members in 2020.**

### **4,038 psychology appointments**

were provided in 2020 to improve the mental health of our ADF community.



## More than 23,700

connections were made between staff and members face-to-face and online.



**Over 5,630** people in the ADF community have directly benefited from our services since we first launched.

We facilitated **7,500 social connections**, bringing people across Australia together to reduce isolation.



Physical rehabilitation and wellbeing programs resulted in **9,233 points of connection** between staff and members.



Through COVID-19 lockdowns, we made **over 1,100** welfare calls



and delivered **over 700** pieces of online content, keeping our community connected.

**1,036 psychology and exercise physiology appointments** were **delivered through telehealth**, increasing the accessibility of services.

