

MEDIA RELEASE

22 SEPTEMBER 2025

Master Builders ACT and Menslink unite in mental health mission

In a major step forward towards improving mental health and wellness in the ACT building and construction industry, Master Builders ACT and Menslink have today announced a new mental health partnership focused on providing ongoing mental health education and awareness for carpentry apprentices, as well as the rollout of essential mental health resources for Master Builders members.

Master Builders ACT and Menslink will tomorrow launch (23 September 2025) a new partnership at the Menslink Business Breakfast 2025, targeted at building and construction apprentices, employers and stakeholders.

As part of this initiative, Master Builders ACT and Menslink will develop co-branded resources, including advertising campaigns across various media and outdoor platforms, to raise awareness about apprentice mental health. Menslink will also provide Master Builders apprentices with ongoing counselling support, onsite, at Menslink HQ and online.

Ahead of the Business Breakfast 2025, Ben Gathercole, CEO of Menslink, said “We are excited to partner with Master Builders ACT to improve mental health in the building industry.”

“Unfortunately, the statistics in this sector are confronting. On average, one construction worker dies by suicide every two days in Australia.”¹

“Apprentices are at particularly high risk, being two-and-a-half times more likely to die by suicide than other young men their age.”²

“This is why our partnership with Master Builders ACT is so valuable. Together, we are creating an ongoing relationship where apprentices are provided access to Menslink’s education programs and counselling.”

¹ Engineers Australia (2022) *Building mental health into the construction industry*. Available at <https://www.engineersaustralia.org.au/news-and-media/2022/07/building-mental-health-construction-industry> (Accessed 8 September 2025)

² Louise Thompson (2024) *Construction Mental Health Statistics*. Available at: <https://foremind.com.au/mental-health-statistics-in-construction/> (Accessed 8 September 2025)

“This partnership underscores our shared commitment with Master Builders ACT to drive better mental wellbeing in a sector at high risk of poor mental health outcomes.”

Anna Neelagama, CEO of Master Builders ACT, said, “We recognise the vital importance of mental health support for apprentices in the building and construction industry.”

“This partnership with Menslink allows us to provide tailored resources and education, ensuring that our future builders are equipped with the knowledge and support they need.”

“As part of our Mental Health Policy and Strategy, we are committed to creating a culture of care within our industry.”

The two organisations will work closely together to collaborate on future mental health initiatives, targeting key influences such as parents and employers.

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About Master Builders ACT

Master Builders ACT is the peak body representing the construction industry in the ACT, advocating for the interests of its members, promoting industry standards, and supporting workforce development through quality construction industry training.

About Menslink

Menslink is an organisation dedicated to improving the mental health and well-being of young men. They provide vital support services, including counselling and mentoring, to assist young people in navigating life's challenges.

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Media enquiries:

Tara Nichols | Communications & Marketing Manager
tnichols@mba.org.au | 0430 026 612

Henry Goodwin | Chief Operating Officer
henry@menslink.org.au | 0450 688 931

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Important: This document discusses mental health and may include references to suicide, distress, and crisis support. We recognise these topics can be challenging or distressing.

If you or someone you know needs support, please reach out:

- **Lifeline:** 13 11 14 (24/7 crisis support)
- **Beyond Blue:** 1300 22 4636
- **Suicide Call Back Service:** 1300 659 467
- **In an emergency:** Call 000

We encourage readers to prioritise their own wellbeing when engaging with this material and to use available support services as needed.