



Submission cover sheet

Inquiry into men's suicide rates

Submission number: 30

Submitter: Strong Space Counselling

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To the Standing Committee on Social Policy

Legislative Assembly for the ACT

Dear Committee Members,

I am writing in strong support of your inquiry into men's suicide rates.

As you are no doubt aware, men account for the majority of deaths by suicide in Australia. Yet too often, policies and prevention strategies overlook the unique gendered realities that shape men's experiences of distress, isolation, and help-seeking.

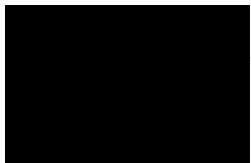
Strong Space Counselling is a Canberra-based online men's mental health practice dedicated to engaging men who are often disconnected from traditional models of care. Our team works primarily with men navigating complex emotional challenges ranging from relationship breakdowns and trauma to depression, grief, shame, and suicidality.

Through a trauma-informed, Internal Family Systems (IFS)-informed, and gender-conscious lens, we support men to build the emotional awareness, relational skills, and self-leadership needed to move from disconnection and protective coping strategies toward connection and hope. Our approach centres curiosity over judgement, and accountability over shame.

We've found that when men feel safe, respected, and seen for who they are, rather than who they feel they should be, they are more likely to engage, open up, and stay the course.

We would welcome the opportunity to share our clinical insights and frontline experience with the Committee and contribute constructively to your inquiry.

Warm regards,



Mr Matthew Musgrave
Principal Counsellor & Founder
Strong Space Counselling
ACA Member Number: 17674
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