# Video: Matthew Williams’s podcast

## Transcript

## Matthew Williams, Client 3 speaking

**How gender inequality harms the sense of identity in unemployed men.**

Hello, I am Matthew Williams.

I’ve been looking for work for about two years now, recently with the help of the team here at GCBH. They’ve been helping me improve my writing and communication skills, so I can find a better job.

The last job I had was as a Warehouse Manager. I loved that job. I had heaps of mates there, and we’d all have such a good a laugh at work.

I mean, we’d do our work and I took it seriously and everything. But it was fun too, you know?

But then I lost my job when the business got sold to some international company.

It wasn’t my fault, but now I’m on the dole. Life’s pretty tough at the moment. I’ve done some Work for the Dole stuff, but it hasn’t led to a real job.

I’ve had my troubles in the past, like with depression and anxiety, and stuff like that. To tell you the truth, I’m feeling pretty low at the moment.

My mates keep telling me to come out with them. They’re all great, but, I dunno, I kinda feel like a loser around them. Like I’m not a real man, or something, because they’ve all got their lives on track and I don’t. It’s really hard because, you know, as you’re growing up, you’re told that men are meant to be the breadwinners.

People tell me that’s really common for blokes around my age to feel like this. Someone told me that one in five men will experience anxiety in their lives and one in eight men will have depression. That’s crazy, right? I guess it helps me to feel less alone, but it doesn’t actually help you get better.

My best mate keeps telling me that it’s OK to get professional help. He even said that he saw someone a while back when he wasn’t coping with stress. But I kind of feel like I should be able to shake off the black dog myself. You know, pull my socks up, and get on with it.

Ah, maybe I will go see a counsellor or a doctor one day. Because I reckon feeling like this is stopping me from finding good work. And I want to feel back in control of my life, you know?

**Link for credits:**

Matthew’s story isn’t uncommon read more in The Man Box : <https://jss.org.au/what-we-do/the-mens-project/the-man-box/>

Beyond Blue: <https://www.beyondblue.org.au/>