

Need another word that means the same as “mainstay”? Find 23 synonyms for “mainstay” in this overview.

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Mainstay as a Noun

Definitions of "Mainstay" as a noun

According to the [Oxford Dictionary of English](#), “mainstay” as a noun can have the following definitions:

- *A prominent supporter.*
- *A stay that extends from the maintop to the foot of the foremast of a sailing ship.*
- *A central cohesive source of support and stability.*
- *A person or thing on which something else is based or depends.*
- *The forestay that braces the mainmast.*

Synonyms of "Mainstay" as a noun (23 Words)

[anchor](#)

An anchorman or anchorwoman.
An **anchor** chain.

[atlas](#)

A figure of a man used as a supporting column.
A road **atlas**.

backbone

The part of a book’s cover that encloses the inner side of the book’s pages and that faces outward when the book is shelved.
The **backbone** is the part of a communication network that carries the heaviest traffic.

<u>base</u>	A known line used as a geometrical base for trigonometry. <i>The attack wiped out our forward bases.</i>
<u>bastion</u>	A natural rock formation resembling a man made bastion. <i>The last bastion of communism.</i>
bulwark	A person or thing that acts as a defence. <i>The security forces are a bulwark against the breakdown of society.</i>
buttress	A support usually of stone or brick; supports the wall of a building. <i>The political police were the main buttress of the regime.</i>
central component	A workplace that serves as a telecommunications facility where lines from telephones can be connected together to permit communication.
centrepiece	An item, issue, etc. intended to be a focus of attention. <i>A domestic programme with healthcare as the centrepiece.</i>
chief support	A person who exercises control over workers.
<u>cornerstone</u>	The fundamental assumptions from which something is begun or developed or calculated or explained. <i>A national minimum wage remained the cornerstone of policy.</i>
foundation	The action of establishing an institution or organization. <i>Apply moisturizer a few minutes before using foundation.</i>
key player	A list of answers to a test.
keystone	The central principle or part of a policy, system, etc., on which all else depends. <i>The keystone of campaign reform was the ban on soft money.</i>
<u>linchpin</u>	Pin inserted through an axletree to hold a wheel on. <i>Nurses are the linchpin of the National Health Service.</i>
lynchpin	Pin inserted through an axletree to hold a wheel on.
<u>pillar</u>	Something shaped like a pillar. <i>He is a pillar of the community.</i>
prop	A propeller that rotates to push against air. <i>He looked around for a prop to pin the door open.</i>
right arm	The interest possessed by law or custom in some intangible thing.
right-hand man	A male subordinate.
right-hand woman	A human female employed to do housework.
sinew	Possessing muscular strength. <i>The sinews in her neck.</i>
tower of strength	A structure taller than its diameter; can stand alone or be attached to a larger building.

Usage Examples of "Mainstay" as a noun

- *Farming is the mainstay of the rural economy.*