

Men's Health
& Wellbeing
Western Australia



Men's Health and Wellbeing WA is the peak independent not-for-profit charity organisation dedicated to representing and promoting the health and wellbeing of boys and men in Western Australia.

We are all about improving the health and wellbeing outcomes for males across our community.

We believe that Western Australian men are significant and positive contributors to West Australian life through their diverse family, work and community roles.

We believe that to empower men to reach their potential and enjoy a long and high quality life to continue this positive involvement, supporting the health and wellbeing of men is an important and critical community issue.

We believe that to achieve this we must focus on promoting and facilitating men's healthy living, strengthening health and community service delivery to men and that we must focus on the health and wellbeing issues that have the greatest impact on men's quality and length of life.

Men's Health and Wellbeing WA is committed to providing the leadership to achieve these things.

We invite you to join us on this journey by becoming a member, subscribing to our newsletter, and connecting with us on social media.

Visit www.menshealthwa.org.au to find out how.

ABOUT THE BLOKES' BOOK

Welcome to the 4th edition of the Blokes' Book. Proudly bought to you by Men's Health and Wellbeing WA.

Thank you to everyone who has contributed to the original inception and ongoing publishing of the Blokes' Book, including Moshi Moshi Marketing for the design of this 4th edition.

The Blokes' Book is a directory of a broad range of health and wellbeing services that are available to all males in Western Australia. The Blokes' Book is for men and men's health and wellbeing services providers.

It was created to provide easy to access, accurate, comprehensive and relevant information on the health and wellbeing services that males can access when they may need to.

Inside the Blokes' Book you will find details and contact information about crisis services, financial, legal, mental health, and physical health services, relationships, fathering, self-help and support group contact details, accommodation, alcohol and drug use, domestic violence and other helpful service information for all males in WA. The Blokes' Book encourages men to be proactive in taking control over their physical, mental and emotional health and wellbeing.

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& Wellbeing

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You can find an online version of the Blokes' Book at www.menshealthwa.org.au.

Among other directories, we also publish the Mooditj Marmun book and app which is a directory of services specifically for indigenous males. For more information go to www.menshealthwa.org.au.

Every effort has been made to provide accurate information in this publication.

If you believe that we have omitted an important item or if you would like to be included in the next edition please contact Men's Health and Wellbeing WA on 08 9218 8044 or email admin@menshealthwa.org.au.

BLOKES

There is an amazing strength, creativity, generosity and potential in the hearts, bodies and minds of men.

Men are a vital part of our community and deserving of focused attention, as are all members of our community.

We hope this booklet, and the programs and services it highlights, will help to provide direction and support to all men.



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CRISIS SUPPORT

If you are suicidal, need immediate support as you are feeling stressed, anxious, or angry, or if you just need to talk to someone there are many support lines available for you to call now and get the assistance that you need.

Start where you are.

Use what you have.

Do what you can.

Lifeline Australia

Confidential telephone crisis support service available 24/7.

13 11 14
www.lifeline.org.au

Crisis Care Line

24 hours a day, seven days a week.

1800 199 008
(08) 9223 1111

Mensline Australia

A professional telephone and online support and information service for Australian men.

1300 789 978
www.mensline.org.au

Beyond Blue Support.

Advice. Action.

1300 224 636
www.beyondblue.org.au

Kids Helpline

Any time. Any reason.

1800 551 800
www.kidshelpline.com.au

The Samaritans

Confidential, non-religious and non-judgemental phone-support.

13 52 47
www.thesamaritans.org.au

Veterans Line

24/7 service that provides crisis counselling outside of business hours.

1800 011 046
www.vvcs.gov.au

Mental Health Emergency Response Line

This service is available 24 hours a day.

1300 555 788
1800 676 822 (country)
www.mentalhealth.wa.gov.au

Healthdirect Australia

24hr health advice and information you can count on.

1800 022 222
www.healthdirect.gov.au

Men's Domestic Violence Helpline

State wide 24 hour service.

(08) 9223 1199
1800 000 599 (country)
www.dcp.wa.gov.au

Sexual Assault Resource Centre (SARC)

24 hour emergency line.

(08) 9340 1828
1800 199 888 (country)

Victims Support Service

Free, confidential counselling and support services for all victims of crime.

1800 818 988**www.victimsofcrime.wa.gov.au****SANE Australia**

Talk to a mental health professional (weekdays, 9am-5pm AEST).

1800 187 263**www.sane.org****Centrecare - Homeless Advisory Service**

Provide information to primary and secondary homeless people that will assist them to seek their own accommodation.

1800 065 892**www.housing.wa.gov.au****Family Helpline**

24 hours per day 7 days per week.

(08) 9223 1100**1800 643 000 (country)****Family Relationship Advice Line**

8 am to 8 pm, Monday to Friday, and 10 am to 4 pm on Saturday (local time), except national public holidays.

1800 050 321**www.familyrelationships.gov.au****GriefLine**

Midday to 3am AEST, 7 days a week.

1300 845 745**www.griefline.org.au****Abortion Grief Australia**

Abortion grief and pregnancy crisis.

1300 363 550**www.abortiongrief.asn.au****Family Drug Support Australia**

Available 24 hours 7 days a week.

1300 368 186**www.fds.org.au****Gambling Help Online**

Counselling, information and support, 24hrs, 7 days a week.

1800 858 858**www.gamblinghelponline.org.au****Legal Aid WA InfoLine**

Open Monday to Friday 9am to 4pm (AWST) except public holidays.

1300 650 579**www.legalaid.wa.gov.au****Telephone Interpreter Service****13 14 15****1800 131 450****www.tisnational.gov.au**

SUICIDE

Emergency, police & ambulance**000**

24 hour emergency.

Lifeline Australia**13 11 14**

Confidential telephone crisis support service available 24/7.

www.lifeline.org.au**Crisis Care Line****(08) 9223 1111**

24 hours a day, seven days a week.

1800 199 008 (country)**Suicide Call Back Service****1300 659 467**

Free counselling, 24 hour, 7 days a week.

www.suicidecallbackservice.org.au**Kids Helpline****1800 551 800**

Any time. Any reason.

www.kidshelpline.com.au**The Salvation Army - National Hope Line****1300 467 354**

24 hour, 7 days a week.

suicideprevention.salvos.org.au**One Life WA****(08) 6272 1200**

Western Australian initiative to strengthen families, communities and workplaces, and build resilience to prevent suicide.

www.onelifewa.com.au**MATES in Construction****1300 642 111**

National helpline.

www.matesinconstruction.org.au

ACCOMMODATION SERVICES

“When we busted up, I sorta lost the plot for a while, had nowhere to stay - in fact no one would put me up as I was just such a lost cause. Drinking and drugging on such a downer; I was a mess. They put me onto some accommodation support and other assistance. I’m slowly getting there now.” - Ross

Emergency Accommodation Services

Centrecare - Homeless Advisory Service

Provide information to primary and secondary homeless people that will assist them to seek their own accommodation.

1800 065 892

www.housing.wa.gov.au

Entrypoint Perth

Free assessment and referral service assisting people who are homeless or at risk of homelessness.

(08) 6496 0001

1800 124 684 (country)

www.entrypointperth.com.au

Shelter WA

Open weekdays during office hours.

(08) 9325 6660

www.shelterwa.org.au

Salvation Army

(08) 9260 9500

www.salvationarmy.org.au

Anglicare - Youth Crisis Accommodation Service

Armadale (08) 9263 2140

Spearwood (08) 9263 2171

www.anglicarewa.org.au

St Patrick's Community Support Centre

7am to 4pm

(08) 9430 4159

www.stpats.com.au

Ebenezer Home

Emergency and medium term accommodation.

(08) 9247 1330

www.ebenezerhome.org.au

Vincentcare

Provides accommodation and support for individuals experiencing severe and enduring mental illness.

(08) 9374 3200

www.vinnies.org.au

Help with Housing

Department of Housing

www.dhw.wa.gov.au

Links to resources.

Foundation Housing

(08) 9227 6480

Mon-Fri 8:30am to 4:30pm

1300 895 205 (general repairs)

6454 4623 (afterhours emergency)

foundationhousing.org.au

Access Housing

(08) 9430 0900

1800 203 383 (maintenance hotline)

www.accesshousing.org.au

Centrecare -

(08) 9498 9200

Accommodation and Supported Service Program (ASSP) www.centrecare.com.au

Reintegrating into the community.

Centrecare Family Accommodation Service (CFAS)

(08) 9325 6644

When you and your family are at risk of homelessness or are homeless. www.centrecare.com.au

Community Housing Coalition of WA

(08) 9221 7933

www.commhousing.com.au

Mission Australia -

(08) 9262 4200

Housing Support for Homelessness (NPAH)

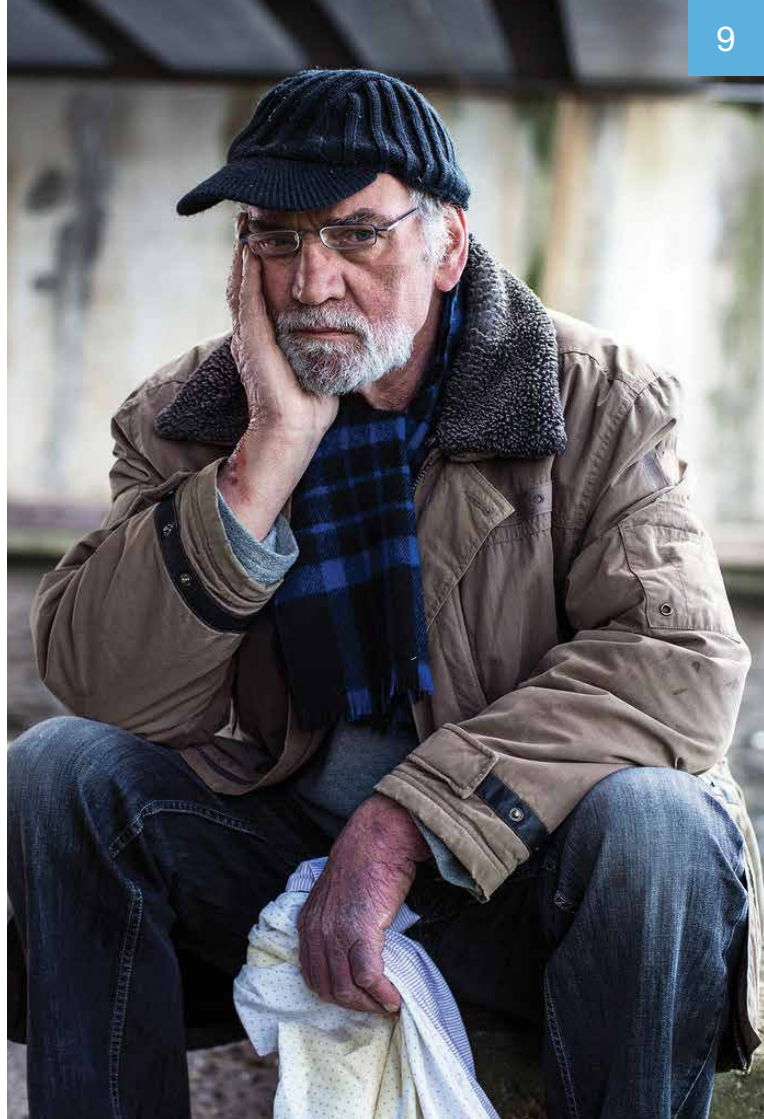
www.missionaustralia.com.au

Aboriginal Housing

Ruah Housing & Homelessness

(08) 9485 3939

www.ruah.com.au



MENTAL HEALTH

It is not easy to ask for help when you are struggling with your mental health. However, there are many excellent mental health services available in WA.

“Dealing with the loss of my partner after 40 years and my own ill health has been difficult, but I’m starting to come out of that black hole through counselling and family support” - David

Mental Health Emergency Response Line	Metro 1300 555 788
This service is available 24 hours a day.	Peel 1800 676 822
	www.mentalhealth.wa.gov.au
Beyond Blue	1300 224 636
Support. Advice. Action.	www.beyondblue.org.au
SANE Australia	1800 187 263
Talk to a mental health professional (weekdays, 9am-5pm AEST).	www.sane.org
Mensline Australia	1300 789 978
A professional telephone and online support and information service for Australian men.	www.mensline.org.au
MATES in Construction	1300 642 111
National helpline.	www.matesinconstruction.org.au
Man Therapy	1300 222 638
A place for men to deal with manly issues in a manly way.	www.mantherapy.org.au
The Regional Men’s Health Initiative	(08) 9690 2253
Raising awareness of men’s wellbeing.	www.regionalmenshealth.org.au
Anglicare - Mens Time	(08) 9263 2143
	(08) 9301 8500
WA Mental Health Commission	(08) 6553 0600
Open 9am to 4:30pm	www.mentalhealth.wa.gov.au
Western Australia Association for Mental Health (WAAMH)	(08) 6246 3000
The peak body of the community-managed mental health sector in Western Australia.	www.waamh.org.au
Mental Illness Fellowship WA (MIFWA)	(08) 9237 8951
If you have a mental illness and seek support, MIFWA can help.	www.mifwa.org.au

Helping Minds

By providing hope we support our clients, carers and families to live their best possible lives.

1800 811 747

www.helpingminds.org.au

The Samaritans

Confidential phone support.

13 52 47

www.thesamaritans.org.au

Mensline Australia

A professional telephone and online support and information service for Australian men.

1300 789 978

www.mensline.org.au

Veterans Line

A professional telephone and online support and information service for Australian men.

1800 011 046

OzHelp Pilbara (WA)

To support and resource men in workplaces to be more resilient and confident in meeting life's challenges.

1300 694 357

www.ozhelp.org.au

Act Belong Commit

A comprehensive health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing.

(08) 9266 3788

www.actbelongcommit.org.au

Alzheimer's Australia WA

National Dementia Helpline.

1800 100 500

wa.fightdementia.org.au

Relationships WA - 4families

(08) 6164 0600

www.relationshipswa.org.au





PHYSICAL HEALTH

Leading causes of premature death in men include heart-related diseases, various forms of cancer, stroke, diabetes and suicide, many are preventable. The services listed in this section provide lots of health-related information and tips for taking a proactive and preventative approach to your lifestyle to help you live a longer, healthier and happier life.

“Too many blokes’ don’t seek help when they have a health hassle until it gets really bad. Some fellas - say, with a heart, prostate or skin cancer - leave it too late, when a check-up at the doc’s would have picked it up” - Dave (nurse)

General

Healthdirect Australia 1800 022 222
24hr health advice and information you can count on. www.healthdirect.gov.au

WA Primary Health Network (08) 6272 4900
www.wapha.org.au

Medicare 13 20 11
7 days a week, 24hrs a day.

Community Health Centres and Services Contact via their website
www.health.wa.gov.au

Poison Information Centre 13 11 26

Injury Control Council of WA (08) 9420 7212
www.iccwa.org.au

Chronic Disease Prevention and Management

The Heart Foundation 1300 362 787
www.heartfoundation.org.au

Australia absolute cardiovascular disease risk calculator
www.cvdcheck.org.au

Stroke Foundation 1800 787 653
strokefoundation.com.au

Diabetes WA 1300 136 588
www.diabeteswa.com.au

Cancer Council WA 13 11 20
www.cancerwa.asn.au

Cancer Support WA

24 hour support line.

(08) 9384 3544

www.cancersupportwa.org.au**Prostate Cancer Foundation of Australia**

1800 220 099

www.prostate.org.au**Bowel Cancer Australia**

1800 555 494

www.bowelcanceraustralia.org**Western Australian AIDS Council**

(08) 9482 0000

www.waaid.com**Leukaemia Foundation**

1800 620 420

www.leukaemia.org.au**Hepatitis Council of WA**

(08) 9328 8538

Information & support to people affected by hepatitis.

1800 800 070 (country)

www.hepatitiswa.com.au**Arthritis & Osteoporosis Foundation WA**

(08) 9388 2199

1800 011 041 (country)

www.arthritiswa.org.au**Asthma Australia**

1800 278 462

www.asthmaaustralia.org.au**Continence Advisory Service**

(08) 9386 9777

1800 814 925 (country)

www.continencewa.org.au**Men's Resource Centre - Well Man Wellness Check**

(08) 9841 4777

Foundation 49

(03) 8532 1516

www.49.com.au**Measure Up**

1800 101 163

www.measureup.com.au

SEXUAL HEALTH

Sexual & Reproductive Health

(08) 9227 6178

Sexual Health Helpline, information
and support over the phone.

1800 198 205

www.srhwa.com.au**Sexual Health Quarters**

(08) 9227 6177

www.shq.org.au**M Clinic**

(08) 9227 0734

Free STI/HIV screening clinic for men
who have sex with men.www.mclinic.org.au**Andrology Australia**

1300 303 878

www.andrologyaustralia.org**Impotence Australia**

1800 800 614

www.impotenceaustralia.com.au**Sexuality Education Counselling
and Consultancy Agency (SECCA)**

(08) 9420 7226

www.secca.org.au

Counselling and education.

People 1st Programme (PIP)

(08) 9227 6414

Supports people with an intellectual
disability in human relationships.www.people1stprogramme.com.au**Quarry Health Centre**

(08) 9227 1444

For under 25s.

Royal Perth Hospital Sexual Health Clinic

(08) 9224 2178

South Terrace Clinic

(08) 9431 2149

HABITS AND ADDICTIONS

If you are struggling with a destructive habit like gambling, smoking, drugs or alcohol one of the best ways to overcome the addiction is through using support. You don't have to deal with it alone. There are many services available to help you break the cycle of addiction or dependency.

“Six cups of coffee, a pack of ciggies, a stick of pot and about four pints for dinner. No, I didn’t have a drug problem mate.” - Johnno

Salvation Army Bridge Program Contact via their website
www.salvos.org.au/need-help/addiction-services/about-the-bridge-program/

Holyoake Institute of Addiction (08) 9416 4444
Rehabilitation and counselling services. www.holyoake.org.au

Shalom House 0448 264 061
Restoring the lives of men & families in the WA community. shalomhouse.com.au

Alcohol & Drugs

Alcohol and Drug Information Service (ADIS) (08) 9442 5000
Confidential, non-judgmental telephone counselling, 1800 198 024 (country)
information and referral service. www.dao.health.wa.gov.au

Aboriginal Alcohol and Drug Service (AADA) (08) 9221 1411
www.aads.org.au

Alcoholics Anonymous Perth (08) 9325 3566
24 hour helpline. 1300 222 222 (country)
www.aaperthwa.org

Al-Anon Family Groups 1300 252 666 (1300 ALANON)
www.al-anon.org/australia/

WA's Drug User Org (08) 9321 2877 Perth
Harm reduction information relating to (08) 9791 6699 Bunbury
illicit drugs, HIV and Hepatitis C. www.wasua.com.au

Palmerston Association - Needle & Syringe Program (08) 9892 2100 Albany
(08) 9581 4010 Mandurah
www.palmerston.org.au

Hope Community Services (formerly Drug Arm WA) (08) 9497 9498
Awareness, rehabilitation & management. www.hopecommunityservices.org.au

WA Aids Council

Needle and syringe exchange program.

(08) 9482 000

www.waaidsonline.com

Alcohol and Drug Support Line

(08) 9442 5000

1800 198 024 (country)

www.dao.health.wa.gov.au

Parent & Family Drug Support Line

(08) 9442 5050

Professional counsellors are available via phone 24/7.

1800 653 203 (country)

www.dao.health.wa.gov.au

Working Away Alcohol and Drug Support Line

1800 721 997

www.dao.health.wa.gov.au

Smoking

Quitline

Information and support over the phone.

13 78 48 (13 QUIT)

www.quitnow.gov.au

Make Smoking History

Cancer Council Western Australia

13 11 20

makesmokinghistory.org.au

Gambling

Gambling Help Online

Counselling, information and support, 24hrs a day, 7 days a week. gamblinghelponline.org.au

1800 858 858

Relationships Australia - Problem Gambling Assistance

1300 364 277

www.relationships.org.au

Centrecare Gambling Help WA

(08) 9325 6644

(08) 9721 5177 Bunbury

www.centrecare.com.au





LEGAL HELP

Often at the most unexpected times, legal support for divorce, work related problems or personal injury may be the help that is needed. Legal support services are available to provide practical advice, solutions and accurate information with your best interests in mind.

“It got so bad that I didn’t check the post box, just in case there was another solicitor’s letter. It was good to get some free legal advice on where I stood, on my property settlement and kids’ custody stuff.” - Henry

Community Legal Centres (CLCs)

Provide legal and welfare services to people in need.

(08) 9221 9322

www.communitylaw.net

Legal Aid WA InfoLine

Open Monday to Friday 9am to 4pm (AWST) except public holidays.

1300 650 579

www.legalaid.wa.gov.au

Aboriginal Legal Service of WA

Provides legal representation and support services for Aboriginal and Torres Strait Islander peoples in Western Australia.

1800 019 900

www.als.org.au

Family Court of WA

Information about divorce, child issues and financial issues.

(08) 9224 822

1800 199 228 (country)

www.familycourt.wa.gov.au

Ombudsman Western Australia

1800 117 000

www.ombudsman.wa.gov.au

FINANCIAL ASSISTANCE

Whether it is spiralling debt, difficulty managing the budget work, financial stress due to a relationship breakdown or job loss - for men who find themselves without money or food, pride often stands in the way of seeking help. The support services listed here offer respectful, practical and material assistance. This includes food parcels, disaster relief, furniture and related financial counselling services.

Financial Counselling

Financial Counsellors' Association of WA

1800 007 007

A free confidential service.

www.financialcounsellors.org

Anglicare WA Financial Counselling

Contact via their website

Help solve immediate problems and teach people how to maintain their own financial stability independently.

www.anglicarewa.org.au

Drought and Farmer Assistance Hotline

13 23 16

Support for drought affected farmers and rural communities.

Centrelink - Financial Information Service

13 23 00

www.humanservices.gov.au/customer/dhs/centrelink

Australia Red Cross (WA) Financial Counselling Service

(08) 9419 4039

Counselling, advocacy, referral and the Hardship Utility Grant Scheme.

Centrecare - Gambling Help WA Financial Counselling

(08) 9325 6644

A service for people experiencing the effects of financial hardship caused by problem gambling.

www.centrecare.com.au

Emergency Relief

Anglicare WA - Making Ends Meet Program

(08) 9581 0509

Provides financial assistance, support and education to working families who are living in private rental accommodation and experiencing significant 'housing stress'.

www.anglicarewa.org.au

Centacare Family Services Geraldton

(08) 9921 1433

Offers family relationship and community services to individuals, couples and families.

centacaregeraldton.org.au

"I found out about a free financial service and arranged an appointment with a financial counsellor. He helped with a few options I could take, which took away some of the stress and worry." - Mark

Lifeline Australia

13 11 14

Confidential telephone crisis support service available 24/7.

www.lifeline.org.au

The Samaritans

13 52 47

Confidential phone support.

www.thesamaritans.org.au

Salvation Army

(08) 9260 9500

www.salvationarmy.org.au

St. Vincent De Paul Society

1300 794 054

www.vinnies.org.au

Local Government Assistance

Western Australia Local Government Association (WALGA)

(08) 9213 2000

Many local governments offer financial counselling and can link you to emergency relief in your area. WALGA can direct you to your local government and what might be helpful to you in your local community.

www.walga.asn.au



RELATIONSHIPS

Relationships aren’t always easy. Sometimes your relationships with family or others might need some extra help and support to thrive or to get over a bump in the road. If a relationship has broken down, or you have had changes to family life this can cause living arrangements to change or access to children to be negotiated. During these challenging times relationship counselling and mediation can help.

“Things were pretty bad when we went to get help, they helped us with the practical hassles and communication - that was the problem.” - Anonymous

Family Relationship Online 1800 050 321
www.familyrelationships.gov.au

Relationships Australia WA 1300 364 277
www.relationshipswa.org.au

Mensplace (08) 6164 0290
Aims to support and enable men to address relationship and family issues. www.mensplace.net.au

Family Helpline (08) 9223 1100
24 hours per day 7 days per week. 1800 643 000 (country)

Mensline Australia 1300 789 978
A professional telephone and online support and information service for Australian men. www.mensline.org.au

Anglicare - Relationship Counselling 1800 812 511
www.aglicarewa.org.au

Centrecare - Family Dispute Resolution Services (08) 9436 0600
Provide information to help people with their relationships. www.centrecare.com.au

Communicare - Families Without Fear (08) 6350 1870 Perth
For people to improve interaction with partners and families where there has been violence of abuse. (08) 9965 3250 Geraldton
www.communicare.org.au

Centrecare - Parent Teen Link Counselling Service (08) 9325 644 Perth
Provide counselling services to Perth and Joondalup families where significant conflict between parent/s and a teenager occurs. (08) 9300 7300 Joondalup
www.centrecare.com.au

FATHERING

Fathers or father figures can have a significant and positive impact on a child's life. Of course, fathering is not always an easy journey! Fathering services in WA can help with fathering, parenting and relationship skills, including fathering in separated and blended family situations.

Meerilinga - Dads in the Early Years (08) 9489 4022
Info service directory, activities and playgroups. www.meerilinga.org.au

The Fathering Project (08) 6488 3182
Info, talks and groups. www.thefatheringproject.org

Ngala - DadsWA (08) 9368 9368
Early parenting and childhood services. 1800 111 546 (country)
www.ngala.com.au

Relationships Australia - 4Dads (08) 6164 0600
Mandurah and Pinjarra areas

Lifeline - Separated Parents (08) 9261 4451
Support to fathers & children after separation or bereavement. lifeline.org.au

Child Health Centres (Health Direct) 1800 022 222
310 centres across WA. www.healthdirect.gov.au

Parenting WA Line (08) 6279 1200
Telephone information, support and referrals. 1800 654 432 (country)
www.communities.wa.gov.au

FPWA Sexual Health Services (08) 9227 6177
(formerly Family Planning Western Australia) www.fpwa.org.au

Playgroup WA (08) 9228 8088 / 1800 171 882 (country)
Fostering children's development through play. playgroupwa.com.au

Raising Children Network

Complete parenting resource for all stages from pregnancy to newborns to teens.

Contact via their website
raisingchildren.net.au

Dads in Distress

1300 853 437
www.dadsindistress.asn.au

Child Support

13 12 27
www.humanservices.gov.au

Perth Dads Playgroup

Website for dads to get together for play dates for kids and social events for dads.

Contact via their website
www.facebook.com/PDPlaygroup

Perth Dads Meetup

Group for dads with young families to meet up with other dads.

Contact via their website
www.meetup.com/Perth-Dads-Meetup

Daddy Day Pod

Stay at home dad of three sharing his experience via podcast.

daddydaypod.podbean.com

MENTORING

Big Brothers Big Sisters of Australia

e-Mentoring opportunities.

Contact via their website
www.bigbrothersbigsisters.org.au

Pathways Foundation

Child to adult programs.

1300 850 766
www.pathwaysfoundation.com.au

Australian Youth Mentoring Network

A number of programs available in WA.

0434 796 934
aymn.org.au

Youth Focus

Mentor a young person.

(08) 6266 4333
youthfocus.com.au



ABORIGINAL & TORRES STRAIT ISLANDER

Relationships Australia - Moorditj Yarning 1300 364 277
We reach out to you and listen to what you want to say. relationships.wa.org.au

Centrecare - Djooraminda Reunification Service (08) 9451 1100
A service for Aboriginal and TSI families being reunited with their children. www.centrecare.com.au

Centrecare - Family Enhancement Service (FES) (08) 9451 1100
A service for Aboriginal and TSI families to ensure the safety and wellbeing of their children. www.centrecare.com.au

Health Services

Australian Aboriginal HealthInfoNet (08) 9370 6336
Web resources, facts and policies on indigenous health. healthinfo.net.ecu.edu.au

Yogrum Aboriginal Corporation (08) 9218 9477
Aboriginal counselling and referral service. www.yogrum.org.au

Department of Health - Aboriginal Health Division (08) 9222 2478
Culturally appropriate health care that meets the needs of Aboriginal and TSI people. www.aboriginal.health.wa.gov.au

Ruah Community Services (08) 9485 3939
Services in housing and homelessness, mental health, specialist employment and HIV/AIDS. www.ruah.com.au

The Aboriginal Health Council of Western Australia (AHCWA) (08) 9227 1631
The peak body for 21 Aboriginal Community Controller Health Services (ACCHSs) in WA. www.ahcwa.org.au

Centrecare (08) 9325 6644
Accommodation, family support and counselling services. centrecare.com.au

Aboriginal Legal Service of WA (08) 9265 6666
1800 019 900 (country)
(08) 9265 6644 (after hours) www.als.org.au

Derbarl Yerrigan Health Services Inc. (08) 9421 3888
An Aboriginal community controlled organisation staffed by health professionals in Perth. www.derbalyerrigan.com.au

Educational Services

Centrelink - Abstudy 1800 132 317
Helps with costs for Aboriginal or Torres Strait Islander Australians who are studying or undertaking an Australian Apprenticeship. humanservices.gov.au

Murdoch University - Kulbardi Aboriginal Centre (08) 9360 2128
www.murdoch.edu.au/Kulbardi/

The University of Notre Dame - Nulungu Research Institute (08) 9192 0670
www.nd.edu.au/research/nulungu

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) COMMUNITY

Centrecare - Migration Advice Service

Advice on all areas of Migration/Immigration Law by qualified Migration Agents.

(08) 9451 1100

www.centrecare.com.au

Multicultural Service Centre of WA

A range of programs and services to migrants and refugees.

(08) 9328 2699

mscwa.com.au

Office of Multicultural Interests (OMI)

Information, advice, funding, training and support to communities and community organisations.

(08) 6551 8700

www.omi.wa.gov.au

Australian Asian Association of WA INC

(08) 9328 1160

www.aaawa.org.au

Metropolitan Migrant Resource Centre

(08) 9345 5755

www.mmrcwa.org.au

Telephone Interpreter Service

Immediate phone interpreting (24 hr, 365 days a year).

13 14 15

1800 131 450

www.tisnational.gov.au

Fremantle Multicultural Centre

(08) 9336 8282

www.fmcwa.com.au

Australian Red Cross

Migration support.

(08) 9225 8888 / 1800 810 710

www.redcross.org.au

Association for Services to Torture and Trauma Survivors

(08) 9227 2700

www.asetts.org.au

Centre for Culture, Ethnicity and Health

Multicultural health and support services.

(03) 9418 9929

ceh.org.au/multicultural-health-support-service/

Literacy

Read Write Now

1800 018 802

www.read-write-now.org

Read Write Now offers one-to-one literacy tutoring for adults. Each region is coordinated by volunteers who interview and match prospective tutors and students and give ongoing support. Students meet with their tutors in an informal venue once a week for approximately an hour and a half. There is no set curriculum and tutors work with students to develop suitable lessons. All Read Write Now tutors are volunteers who have had training in how to best help other adults with reading and writing. Ring the freecall number to be given the details of your local coordinator.





BEING A PART OF THE COMMUNITY

Helping others and becoming involved in your local community through volunteering can pull you out of a rut. In Western Australia there are a number of community centres, men’s sheds and other places where you can get support, or help yourself by volunteering and helping others.

ConnectGroups

Assistance for individuals and support groups.

Australia Men’s Shed Association - WA Men’s Sheds

Find your local Men’s Shed.

(08) 9364 6909

www.connectgroups.org.au

1300 550 009

www.mensshed.org

www.wamsa.org.au

Linkwest

Find your nearest community learning centre.

(08) 9485 8929

www.linkwest.asn.au

My Community Connect

Australia’s best place to find out what’s going on in your local community.

Contact via their website

www.mycommunityconnect.com.au

My Community Directory

One place for health and community services information to benefit everyone.

www.mycommunitydirectory.com.au

WA Community Resource Network (WACRN)

Training and education programs, business facilities and information on community events.

(08) 6552 1800

www.crc.net.au

Inclusion WA

Inclusive sport and recreation.

(08) 9201 8900

www.inclusionwa.org.au

Volunteering Opportunities

Volunteering WA

(08) 9482 4333

www.volunteerwa.org.au

Meals on Wheels WA

Contact via their website

mealsonwheels.org.au

wa.gov.au - Volunteers

Contact via their website

www.wa.gov.au

Dept of Local Government & Communities

Contact via their website

www.communities.wa.gov.au

Department of Parks and Wildlife

(08) 9219 9000

www.dpaw.wa.gov.au

LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER (LGBTIQ) COMMUNITY

Living Proud

Peer counselling phone line, 3pm - 12am, 7 days.

QLife Telephone Counselling Line 1800 184 527

www.livingproud.org.au

Pride WA

Western Australia's largest community group, representing the lesbian, gay, bisexual, trans and intersex community.

(08) 9427 0836

www.pridewa.com.au

WA AIDS Council

Counselling services.

(08) 9482 0000

www.waaid.com

WA AIDS Council - AIDSLine

For any HIV related questions.

(08) 9482 0044

WA AIDS Council - Project X

Sexual and mental health online information and support for gay men/men who have sex with men.

Mensline (08) 9322 8401

1800 671 130

www.projectx.net.au

WA AIDS Council - Safe Sex. No Regrets.

Online info, links and contacts related to safer sex, condom use and STI transmission, treatment and prevention.

(08) 9482 0000

www.safesexnoregrets.com.au

WA AIDS Council - Sex In Other Cities

Online info, links and contacts related to safe sex and travelling overseas.

(08) 9482 0000

www.sexinothercities.com.au

M Clinic

Free STI/HIV screening clinic for men who have sex with men.

(08) 9227 0734

mclinic.org.au

Freedom Centre

For young people (under 26).

(08) 9228 0354

www.freedom.org.au

Parents and Friends of Lesbian and Gays (PFLAG)

Support/information to families & friends of all gay people. www.pflagaustralia.org.au

0404 594 699

GLBTI Retirement Association Inc. (GRAI)

Developing options for older GLBTI people when accessing retirement living and aged care services.

(08) 9272 1051

www.grai.org.au

Primetimers WA

A social support group for gay and bisexual men who have achieved at least 40 years of age.

0416 282 648

www.primetimerswa.com





YOUTH

- Kids Helpline** 1800 551 800
Any time. Any reason. kidshelpline.com.au
- Youth Focus** (08) 6266 4333
Mentor a young person. youthfocus.com.au
- Headspace, National Youth Mental Health Foundation** (08) 9208 9555
Face-to-face information, support and services to young people, aged 12 to 25, and their families and friends. 1800 650 890
www.headspace.org.au
- Youth Beyond Blue** 1300 224 636
Information and support for young people, aged 12–25, over the phone. www.youthbeyondblue.com
- Multicultural Youth Advocacy Network - Shout Out** (08) 9227 5440
Promoting young multicultural voices for change. www.myan.org.au/wa/
- ReachOut** Contact via their website
Online youth mental health service. au.reachout.com

- Youth Legal Services** (08) 92020 1688
Free and confidential legal services to young people (under 25). 1800 199 006
youthlegalserviceinc.com.au
- FPWA Sexual Health Services - Quarry Health Centre** (08) 9227 1444
Under 25's clinical counselling and education services for sexual health. www.fpwa.org.au/our-services/quarry
- Mission Australia - Children and Family Support Service** (08) 9225 0400
A range of support for children and young people (up to 18 yrs of age) who are dealing with a mental health issue. www.missionaustralia.com.au
- Mission Australia - Drug and Alcohol Youth Service** (08) 9222 6300
Free confidential service which offers treatment and support. www.missionaustralia.com.au
- Mission Australia - Navig8** (08) 9791 4140
Support for young people aged 14–25 who are currently in, or have recently left Department for Child Protection state care. www.missionaustralia.com.au
- Mission Australia - Reconnect** (08) 9531 9400
Supporting young people between 12–18 who are homeless or are at risk of becoming homeless. www.missionaustralia.com.au
- Mission Australia - Youthbeat WA** 1800 045 836
Mobile outreach to young people in Northbridge and inner city areas. www.missionaustralia.com.au
- Drug and Alcohol Office** (08) 9442 5000
Alcohol and drug support line. 1800 198 024
www.dao.health.wa.gov.au
- Commissioner for Children and Young People** (08) 6213 2297
Advocating for all children and young people. www.ccyp.wa.gov.au
- Bullying. No Way!** Contact via their website
Safe Australian Schools. Together. www.bullyingnoway.gov.au

Crisis Care Helpline

Telephone information and counselling service.

1800 199 008**(08) 9223 1111****www.dcp.wa.gov.au****Centrecare Youth Support Service (CYSS)**

A service for young people aged 12-18 years and their families.

(08) 9325 6444 Perth**(08) 9300 7300 Joondalup****www.centrecare.com.au****Police and Community Youth Centres****(08) 9277 4388****www.wapcyc.com.au****Freedom Centre**

For young people (under 26).

(08) 9228 0354**www.freedom.org.au**

OLDER & WISER

**Aged & Community Services (ACSWA)**

Provides access to a variety of aged and community care services across WA.

(08) 9244 8233**www.acswa.org.au****Council of the Ageing WA****(08) 9321 2133****www.cotawa.org.au****The Eldership Project****0409 884 369****www.eldership.com.au****University of the Third Age - U3A Online**

Online learning and resources.

Contact via their website**www.u3aonline.org.au****My Aged Care****1800 200 422****www.myagedcare.gov.au****Veterans and Veterans Families Counselling Service (VVCS)**

Free and confidential, nation-wide counselling and support for war and service-related mental health conditions.

1800 011 046**www.vvcs.gov.au****Carers WA**

Carers WA provide information and advice to support carers.

1300 227 377 (1300 CARERS)**www.carerswa.asn.au****Home and Community Care Program (HACC)****1300 785 415****www.health.wa.gov.au****Australia Men's Shed Association - WA Men's Sheds**

Find your local Men's Shed.

1300 550 009**www.mensshed.org****www.wamsa.org.au****Seniors Recreation Council of WA****(08) 9492 9733****www.srcwa.asn.au****Have A Go News****(08) 9227 8283****www.haveagonews.com.au**

DOMESTIC VIOLENCE, SEXUAL ASSAULT AND SEXUAL ABUSE

Men can be perpetrators or victims of domestic violence, sexual assault and sexual abuse. Being a perpetrator and victim of domestic violence and sexual assault and abuse at the same time is also not uncommon. If you use violence in any way against others or are a victim of domestic violence, sexual assault or abuse it's important to get help.

Men's Domestic Violence Helpline

State wide 24 hour service.

(08) 9223 1199
1800 000 599 (country)
www.dcp.wa.gov.au

Crisis Care Helpline

Telephone information and counselling service.

1800 199 008
(08) 9223 1111
www.dcp.wa.gov.au

**National Sexual Assault,
Domestic Family Violence Counselling Service**

Professional telephone / online, crisis and trauma counselling service.

1800 737 732 (1800 RESPECT)
www.1800respect.org.au

Mensline Australia

A professional telephone and online support and information service for Australian men.

1300 789 978
www.mensline.org.au

Violence Against Me

Sexual Assault Resource Centre

(SACR) 24 hour emergency line.

(08) 9340 1828
1800 199 888 (country)
www.health.wa.gov.au

Communicare - Families Without Fear

For people to improve interaction with partners and families where there has been violence or abuse.

(08) 6350 1870 Perth
(08) 9965 3250 Geraldton
www.communicare.org.au

Stopping My Violence

Centrecare - Men's Domestic Violence Helpline

When your actions are hurting your family.

(08) 9223 1199
1800 000 599 (country)
www.centrecare.com.au

Relationships WA - Family Abuse Integrated Response

(FAIR) Programs, at no charge, for men, women, young people and children who have perpetrated, experienced or seen abuse in their families or in their relationships.

(08) 6164 0270
www.relationshipswa.org.au

Family and Domestic Violence Services

Providing support to you if you are in, have left, or are preparing to leave a situation where you are affected by family and domestic violence.

Contact via their website
humanservices.gov.au

Anglicare - Mens Time

(08) 9263 2143
(08) 9301 8500

Connecting Up - Men's Outreach Service (Broome)

(08) 9192 2767

Communicare - Breathing Space

Men's behaviour change program.

(08) 9439 5707
www.communicare.org.au





SELF HELP & SUPPORT GROUPS

ConnectGroups

The peak body that helps self-help support groups function and connects individuals in the community to the group that they need.

(08) 9364 6909

www.connectgroups.org.au

The ManKind Project

A network of autonomous men's groups, communities and training centres.

1300 948 947

mkpau.org

The MensWork Project

A not-for-profit group offering a range of programs, groups and services.

(08) 9337 8434

mensworkproject.org

Men's Resource Centre

Raising awareness of men's wellbeing and physical, emotional and psychological health issues.

(08) 9841 4777

mensresourcecentre.org.au

WA Men's Gathering

Men coming together in the WA community.

0403 011 300

www.wamensgathering.org.au

Shematrix - The Grail

Rites of Initiation for men.

0417 987 932

shematrix.com

Rites Together

Rites of passage camps for 14-16 year olds.

0408 605 842

www.ritestogether.org.au

Beyond the Threshold

Nature based rites of passage programs for age 18+ adults.

0408 098 617

beyondthethreshold.net

MoMENTum

Inquiry into the future of masculinity.

(08) 9293 2363

epj@inet.net.au

Men's Business

For boys and men to thrive.

Contact via their website

www.mensbusiness.net

Wes Carter

Recipient of a 2015 AO for work in men's health and wellbeing. Provides personal support and development for men.

(08) 9337 8434

0448 895 429

mensworkproject.org

Darrell Brown

Fatherhood Author and Public Speaker. Provides men's health and wellbeing presentations across the WA community. Available for Presentation on "Manning Down".

0418 954 858

www.darrellbrown.com.au

PEOPLE WITH DISABILITIES



Disability Services Commission

Provide information, supports and services to people with disability, their families and carers.

(08) 9426 9200

1800 998 214 (country)
www.diability.wa.gov.au

People with Disabilities WA (PWdWA)

Provide advocacy services to any person with a disability.

(08) 9485 8900

1800 193 331 (country)
www.pwdwa.org

Family Support WA

Provides services to individuals with disabilities and their families.

(08) 9405 1885

familysupportwa.org.au

Ability Centre

Supporting people with disability and their families through a range of services.

(08) 9443 0211

www.abilitycentre.com.au

National Relay Service

A phone solution for people who are deaf or have a hearing or speech impairment.

TTY/voice calls 133 677

Speak & Listen 1300 555 727

SMS relay 0423 677 767

relayservice.gov.au

Sexual Health and Wellbeing

FPWA Sexual Health Services

Formerly Family Planning Western Australia.

(08) 9227 6177

www.fpwa.org.au

People 1st Programme

www.people1stprogramme.com.au

(08) 9227 6414

Sexuality Education Counselling and Consultancy Agency

(secca) Disability. Relationships. Sexuality.

(08) 9420 7226

secca.org.au

Advocacy South West

For anyone with a disability or mental illness who lives in the southwest region of WA.

(08) 9721 6444

advocacysouthwest.com

Ethnic Disability Advocacy Centre (EDAC)

(08) 9388 7455
www.edac.org.au

A man in a blue athletic shirt is shown in profile, drinking from a clear plastic water bottle. He is positioned on the right side of the frame. The background is a scenic view of a body of water, likely a bay or ocean, with a prominent, pointed mountain peak in the distance. The sun is low on the horizon, creating a warm, golden glow across the entire scene. The water reflects the sunlight, and the foreground shows some dark, silhouetted vegetation.

LIVING A HEALTHIER LIFESTYLE

Proactive and preventive health and wellbeing choices is the foundation to your health and wellbeing. Staying physically active in one way or another, making healthy nutrition choices together with managing your stress effectively and having positive and meaningful relationships will help you live a longer, healthier and happier life.

A Healthy and Active Australia

Provide a range of information and initiatives on healthy eating and regular physical exercise.

Contact via their website
www.healthylive.gov.au

Better Health Program

Free healthy living program for kids above a healthy weight.

1300 822 953
www.betterhealthprogram.org

LiveLighter

Provide tips, tools and resources, and recipes.

Contact via their website
livelighter.com.au

Food Sensations for Adults

A nutrition and cooking program. www.foodbankwa.org.au/food-sensations-for-adults/

(08) 9463 3215

Get Set 4 Life - Habits for Health Kids Guide

Practical information on children's health.

www.health.gov.au

Healthy Weight Guide

Helps you achieve and maintain a healthy weight.

Contact via their website
healthyweight.health.gov.au

Diabetes WA - My Healthy Balance

Free, evidence-based online health lifestyle program.

Contact via their website
myhealthybalance.com.au

Diabetes WA - SHED-IT

Contact via their website
www.diabeteswa.com.au

Prostate Cancer Foundation of Australia - Know Your Score

Contact via their website.
www.knowyourscore.org.au

Nutrition Australia

Education around food planning, purchasing and preparation. www.nutritionaustralia.org/wa

(08) 6201 0469

Department of Sport and Recreation

(08) 9492 9700
www.dsr.wa.gov.au

Police and Community Youth Centres

(08) 9277 4388
www.wapcyc.com.au

Clubs Online

(08) 9492 9700
www.dsr.wa.gov.au/clubs

Heart Foundation - Walking

Find a walking group near you.

Contact via their website
walking.heartfoundation.org.au

Fitness Australia

Find a registered exercise professional.

1300 211 311
fitness.org.au

WA Local Government Association (WALGA)

(08) 9213 2000
walga.asn.au

Department of Transport - Active Transport

www.transport.wa.gov.au/activetransport/active-transport.asp

Contact via their website

Federation of WA Bushwalkers

(08) 9384 5505
www.bushwalkingwa.org.au

CycleSport WA

(08) 6336 9680
wa.cycling.org.au

Triathlon WA

Find out about upcoming events. www.triathlon.org.au/State_Associations/WA/Home.htm

Contact via their website

Get on Track Challenge

A free online, team-based challenge.

Contact via their website
getontrackchallenge.com.au

Seniors Recreation Council of WA

(08) 9492 9733
www.srcwa.asn.au

Act Commit Belong

(08) 9226 1541
www.actbelongcommit.org.au

MEN'S HEALTH QUESTIONNAIRE

Did you know?

- 1 in 7 men will be diagnosed with prostate cancer before the age of 75.
- Skin cancer is the most common cancer in men aged 18-39.
- 1 in 2 men will have a significant mental health issue at some point in their life.

Many health issues are preventable if you seek help early.



Your GP is a great resource to get a preventative health check or to talk with about any symptoms you might actually be currently experiencing.

Please complete the following questionnaire and if you answer No to any of the questions we encourage you to make an appointment with your GP.

1. Have you visited your GP in the last 6 months? Yes ☐ No ☐
2. Have you had your blood pressure measured in the last 6 months? Yes ☐ No ☐
3. Have you had your cholesterol levels measured in the last 12 months? Yes ☐ No ☐
4. Have you had your blood sugar measured in the last 12 months? Yes ☐ No ☐
5. Have you had your skin checked in the last 12 months? Yes ☐ No ☐
6. Have you had your waist measured in the last 12 months? Yes ☐ No ☐
7. Have you had a bowel test in the last 3 years? Yes ☐ No ☐
8. Have you spoken to your GP about bowel health? Yes ☐ No ☐
9. Have you spoken to your GP about prostate health? Yes ☐ No ☐
10. Do you get 7-9 hours of sleep per night? Yes ☐ No ☐
11. Do you do moderate-intensity exercise for 30mins at least 5x a week? Yes ☐ No ☐
12. Do you eat 5 serves of vegetables and 2 serves of fruit daily? Yes ☐ No ☐
13. Do you have at least 2 alcohol free days per week? Yes ☐ No ☐
14. Do you make choices that keep you safe from harm? Yes ☐ No ☐
15. Do you feel that you have strong positive relationships in your life? Yes ☐ No ☐
16. Are you a non-smoker? Yes ☐ No ☐
17. Are you happy in general? Not too stressed or worried? Yes ☐ No ☐
18. Are you comfortable for asking for help when you are feeling down? Yes ☐ No ☐





Please note that throughout the directory we use the term ‘men’ or ‘male’ to represent all those who identify as ‘male’ across their lifespan.

At Men’s Health and Wellbeing WA we operate from the position that while sex refers to biologically-determined differences between men and women, gender refers to differences that are socially constructed and can capture the interrelated dimensions of biological differences, psychological differences, sexual orientation and social and cultural roles. Gender is the expression of the social and cultural ideas about what it is to be a ‘man’ or a ‘woman’.

Acknowledgement of Traditional Ownership

Men’s Health and Wellbeing WA acknowledges the Traditional Owners of Country throughout Australia, and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to elders both past, present and of the future.

Equity, Diversity and Substantive Equality

Men’s Health and Wellbeing WA values equity and diversity in it’s workforce and with our stakeholders and communities we serve. We are committed to the development and sustainability of an environment that is inclusive and equal for people from all backgrounds and lifestyles, including Aboriginal and Torres Strait Islanders, people from culturally diverse backgrounds, people of diverse sexuality and/or gender and people with disabilities.

Men’s Health and Wellbeing WA is also committed to substantive equality by striving to achieve equitable outcomes as well as equal opportunity. It takes into account the effects of past discrimination and it recognises that rights, entitlements, opportunities and access are not equally distributed throughout society. Substantive equality recognises that equal or the same application of rules for certain groups can have unequal results.



(08) 9218 8044

admin@menshealthwa.org.au

33 Moore Street, East Perth WA 6004

www.menshealthwa.org.au