the blokes’ book
MAN - healthier directions for males.

Welcome to our 3rd version of ‘the blokes’ book’ a resource booklet for all males in WA.

Did you know that each hour 5 men die from conditions that are potentially preventable?
Or, that on average men live 5 years less than women.
In 2008 more than 48 000 Australian men succumbed to diseases which may have been prevented by a trip to their GP. We want to put that number into reverse!
The simple truth is that men’s health status is complicated by the fact that men are more likely than women to shy away from medical services or treatment of any kind.

MAN is a not for profit health promotion charity for male health and wellbeing in Western Australia; we have been active for over 13 years and are based in East Perth.

We are very happy to bring you this much needed resource with details about crisis services, physical health, financial and legal services, mental health, relationships, fathering and other helpful info for all males in WA.

MAN works with providers, business groups and individuals to improve the health and wellbeing of all males, at work, at home and at play.

We would love you to join with us in some way by subscribing to our newsletter, becoming a member, spreading the word, or just doing your bit to be a healthy and happy male in our community.
A healthy man in body and mind means healthy relationships, healthy families, healthy work/life balance and healthy communities. To help you on the path to good health we’ve generated a Blokes’ Book for WA - a directory of services, contacts, support groups and current information relevant to all men in our community.

This edition of the Blokes’ Book is brought to you by MAN and special thanks and appreciation go to Dennis Beros for his outstanding efforts in bringing this booklet to life.

MAN is an incorporated not-for-profit association serving as the peak body for males’ health and wellbeing in WA.

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 MAN on 08 9218 8044 or admin@man.org.au

An online version of the blokes’ book can be found at www.man.org.au
Blokes

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

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

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

**Help, where do I start?**  5 & 6  
Crisis services and help lines

**A place to stay**  7 & 8  
Emergency accommodation services  
Help with housing  
Aboriginal Housing

**Suicide**  8  
Crisis support and counselling

**Making sense of your dollars**  9 & 10  
Getting financial help  
Local Government Assistance  
Emergency Relief

**Legal matters**  11

**Community**  12  
Be part of something

**Habits and addiction**  13 & 14  
Alcohol and drugs  
Quit smoking  
Gambling

**Mental health assistance and counselling**  15 &16  
Mental Health Services

**Men and relationships**  17

**Fathers and mentoring**  18 & 19  
Fathering  
Mentoring

**Aboriginal and Torres Strait Islander organisations**  20  
Health services  
Educational services

**Physical health**  21 & 22  
General  
Injury  
Chronic Disease Prevention and Management

**Living a healthier lifestyle**  23 & 24

**Older and wiser**  25

**Literacy**  26

**Others violence against me**  27

**Stopping my violence against others**  28

**Culturally and linguistically diverse (CaLD) community**  29

**GLBTIQ community**  30

**Youth**  31

**People with disabilities**  32

**Movies and books**  33

**Men’s health check questionnaire**  34 & 37

**Websites for issues relevant to men**  38
Crisis?
What bloody crisis...?
If you’re feeling stressed, anxious, angry, or if you just think you need to talk to someone, but you’re not really sure what to do or where to start, then you’re in the right place.

Start where you are.
Use what you have.
Do what you can.

Help, where do I start?

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeline phone</td>
<td>13 11 14</td>
<td><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></td>
</tr>
<tr>
<td>Mensline Australia</td>
<td>1300 789 978</td>
<td><a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a></td>
</tr>
<tr>
<td>Suicide Helpline</td>
<td>1800 191 919</td>
<td><a href="http://www.crisissupport.org.au">www.crisissupport.org.au</a></td>
</tr>
<tr>
<td>Beyond Blue</td>
<td>1300 224 636</td>
<td><a href="http://www.beyondblue.org">www.beyondblue.org</a></td>
</tr>
<tr>
<td>Healthdirect</td>
<td>1800 022 222</td>
<td></td>
</tr>
<tr>
<td>Kids Helpline</td>
<td>1800 551 800</td>
<td><a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a></td>
</tr>
<tr>
<td>Homeless Advisory Service</td>
<td>1800 065 892</td>
<td></td>
</tr>
<tr>
<td>Telephone Interpreter Service</td>
<td>13 14 50</td>
<td></td>
</tr>
<tr>
<td>Crisis Care Helpline</td>
<td>1800 199008</td>
<td>When you need help you sort out a serious problem</td>
</tr>
</tbody>
</table>
Sexual Assault Resource Centre (SARC)
24 hours Sexually assaulted or sexually abused
13 years and over 9340 1828
Rural freecall 1800 199 888

The Samaritans 9381 5555
24 hour helpline

Legal Aid WA 1300 650 579
www.legalaid.wa.gov.au

Men’s Domestic Violence Helpline 1800 000 599
For men concerned about becoming violent or abusive

Victims Support Service 1800 818 988
Counselling and support for victims of crime
www.victimsofcrime.wa.gov.au

Mental Health Emergency Response Line
After-hours psychiatric emergency services
Metro 1300 555 78
Peel 1800 676 822
Rurallink 1800 552 002

Family Relationship Advice Line 1800 050 321
National call centre for Family Relationship Centres

Family Drug Support 1300 368 186
National call centre
www.fds.org.au

Gambling Helpline 1800 858 858
Statewide
Accommodation services

I’ll be right mate. I’ll just doss in the back of the ute.

“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, 32

I’ll be right mate.
I’ll just doss in the back of the ute.

“The blokes’ book

A place to stay...

Emergency

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homeless Advisory Service</td>
<td>1800 065 892</td>
</tr>
<tr>
<td>Shelter WA</td>
<td>9325 6660</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>9439 1585</td>
</tr>
<tr>
<td>Youth Crisis Accommodation Service (Anglicare)</td>
<td>9523 3400 9263 2171</td>
</tr>
<tr>
<td>St Patrick’s Community Support Centre</td>
<td>9430 4159</td>
</tr>
<tr>
<td>After Hours Emergency Accommodation</td>
<td>1800 800 800</td>
</tr>
</tbody>
</table>

Help with Housing

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Housing</td>
<td><a href="http://www.housing.wa.gov.au">www.housing.wa.gov.au</a></td>
</tr>
<tr>
<td>Foundation Housing</td>
<td>9227 6480</td>
</tr>
<tr>
<td>Affordable housing</td>
<td><a href="http://www.foundationhousing.org.au">www.foundationhousing.org.au</a></td>
</tr>
</tbody>
</table>
suicide

Access Housing  9430 0900
Affordable housing  www.accesshousing.org.au

Centrecare  9498 9200
Re-integrating into the community after prison  www.centrecare.com.au

The Community Housing Coalition of WA  9221 7933
Supports community housing providers  www.communityhousing.com.au

Aboriginal

Aboriginal Housing Services  9485 3939
www.ruah.com.au

Centrecare Family Accommodation Service  9325 6644
Assists Aboriginal and Torres Strait Islander families seeking long term accommodation  www.centrecare.com.au

Ambulance  000
24 hour emergency  www.ambulance.net.au

Mental Health
Response Line 24 hour  1300 555 788

Crisis Care  1800 199 00 or 9233 1111

Lifeline  13 11 14
24 hour crisis support service  www.lifeline.org.au

Lifeline WA  9261 4444
Counselling crisis interventions, group programs, self-care resources, personal support training and education, information and referral services  www.lifelinewa.org.au

Suicide Call Back Service  1300 659 467
Up to six 50 minute free counselling sessions  www.suicidecallbackservice.org.au

One LifeWA  9325 6644
Suicide Prevention Strategy  www.mcsp.org.au

MATES in Construction WA Ltd 1300 642 111
24 hour crisis support for building/construction workers and families
Making sense of your dollars...

When I was sacked we were left with big bills and a mortgage.

“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, 55

Getting financial help

For men who find themselves without money or food, pride often stands in the way of seeking help. The support groups listed here offer practical and material assistance, including food parcels, disaster relief, furniture and counselling services.

Financial Counselling

The following services can help you assess financial situations and provide information and options to address financial problems including consumer credit and bankruptcy.
Anglicare Financial Counselling
For your nearest location visit www.anglicarewa.org.au

Financial Counselling Helpline 1800 007 007
www.financialcounsellors.org

Centrelink Rural Service Officers
Drought Assistance 132 316
Farmer Assistance 1800 050 585

Red Cross Financial Counselling Service
Medina 9419 4039
Morley 9279 4500

Gambling Helpline (statewide) 1800 858 858

Emergency Relief
Accept emergency assistance during a crisis

Making Ends Meet Program
Rockingham/ Kwinana 9528 0701
Mandurah 9581 0509

Centacare Family Services Geraldton 9921 1433

Lifeline (statewide) 131 114

Samaritans Crisis Line
Rockingham 1800 198 313
Albany 9842 2776

Salvation Army
For specific locations in WA visit www.salvationarmy.org.au/corpsmap

Local Government Assistance
Many local governments offer financial counselling and can link you to emergency relief in your area. The WA Local Government Association can direct you to your local government.

WALGA 9213 2000
www.walga.asn.au

Society of St. Vincent De Paul
Belmont 9475 5400
www.vinnies.org.au
Hassles with money and legal matters can be a lot easier to manage if you know where to go for advice and assistance.

Community Legal Centres  9221 9322
General Community legal services for metropolitan regional and remote areas plus specialist services in mental health, tenancy, women, young people, refugee status and consumer issues  www.communitylaw.net

Family Court of Western Australia  9224 8222
Country Areas Free Call  1800 199 228
www.familycourt.wa.gov.au

Legal Aid Services  1300 650 579
Information, legal advice, minor assistance and legal representation  www.legalaid.wa.gov.au

Ombudsman Western Australia  1800 117 000
Investigates complaints about Western Australian public authorities  www.ombudsman.wa.gov.au

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, 42

I was scared and out of my depth
“with the Family Court and the CSA. All I wanted was a fair share of time with my kids.”

Angus, 33
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.

**Volunteering WA** 9482 4333
Volunteering opportunities  www.volunteeringwa.org.au

**WA Department for Communities** 6551 8700
www.communities.wa.gov.au

**Inclusion WA** 9201 8900
Inclusive sport and recreation  www.inclusionwa.org.au

**Dept. Environment and Conservation** 6467 5000
Volunteer projects  www.dec.wa.gov.au

**WA Community Resource Network** 6552 4463
Training and education programs, business facilities, info on community events  www.connectgroups.org.au

**Connect Groups** 9228 4488
Helping support groups and individuals  www.connectgroups.org.au

**WA Men's Sheds** 1300 550 009
Safe, friendly and welcoming. Work on meaningful projects and contribute to the community  www.wamsa.org.au/mapofwasheds
If you’re struggling with a destructive habit, like gambling, smoking, drugs or alcohol, you don’t have to deal with it alone. There is support available to help you break the cycle of addiction or dependancy.

**Alcohol and drugs**

**24 hour helplines**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Alcohol and Drug Information Service</td>
<td>9442 5000</td>
</tr>
<tr>
<td>Country toll free</td>
<td>1800 198 024</td>
</tr>
<tr>
<td>Parent Drug Information Service</td>
<td>9442 5050</td>
</tr>
<tr>
<td>Country toll free</td>
<td>1800 653 203</td>
</tr>
<tr>
<td>Salvation Army Bridge Programme</td>
<td>9227 8086</td>
</tr>
<tr>
<td>Harry Hunter Rehabilitation Centre (Gosnells)</td>
<td>9398 2077</td>
</tr>
<tr>
<td>Holyoake Institute of Addiction</td>
<td>9416 4444</td>
</tr>
<tr>
<td>Rehabilitation and counselling services</td>
<td><a href="http://www.holyoake.org.au">www.holyoake.org.au</a></td>
</tr>
<tr>
<td>Aboriginal Alcohol and Drug Service</td>
<td>9221 1411</td>
</tr>
<tr>
<td><a href="http://www.aads.org.au">www.aads.org.au</a></td>
<td></td>
</tr>
<tr>
<td>Al-Anon</td>
<td>9325 7528</td>
</tr>
<tr>
<td>24 hour helpline or 1300 ALANON (1300 252 666)</td>
<td></td>
</tr>
<tr>
<td>Support for friends and family members of problem drinkers</td>
<td><a href="http://www.al-anon.org">www.al-anon.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>9325 3566 or 1300 222 222</td>
</tr>
<tr>
<td>24 hour helpline <a href="http://www.aaperthwa.org">www.aaperthwa.org</a></td>
<td></td>
</tr>
</tbody>
</table>

*“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, 28

“Habits and addiction.”
### Alcohol consumption guidelines

Drinking more than two standard drinks on any
day increases your risk of harm from alcohol-
related disease or injury over a lifetime.

Drinking more than four standard drinks on a
single occasion increases the risk of alcohol-
related injury arising from that occasion.

### Standard drinks measures

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Standard Measure</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparkling Wine</td>
<td></td>
<td>(15% alc/vol) 100ml</td>
</tr>
<tr>
<td>Wine</td>
<td></td>
<td>(16% alc/vol) 100ml</td>
</tr>
<tr>
<td>Light Beer</td>
<td></td>
<td>(2.7% alc/vol) 425ml</td>
</tr>
<tr>
<td>Regular Beer</td>
<td></td>
<td>(4.9% alc/vol) 285ml</td>
</tr>
<tr>
<td>Fortified Wine</td>
<td></td>
<td>(20% alc/vol) 60ml</td>
</tr>
<tr>
<td>Spirits</td>
<td></td>
<td>(40% alc/vol) 30ml</td>
</tr>
</tbody>
</table>

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### Western Australia Substance Users Association  9321 2877
Harm reduction information relating to illicit drugs
HIV and Hepatitis C  www.wasua.com.au

### Palmerston Association Inc.  9842 8008
Counselling therapies and education  www.palmerston.org.au

### WA Aids Council  9482 0000
Needle and Syringe Exchange Program  www.waids.com

### Smoking

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quitline</td>
<td>13 7848 (13 QUIT )</td>
</tr>
<tr>
<td>The National Tobacco Campaign</td>
<td><a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a></td>
</tr>
</tbody>
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### Gambling

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>Fresh Start</td>
<td>13 11 20</td>
</tr>
<tr>
<td>Cancer Council Western Australia</td>
<td><a href="http://www.cancerwa.asn.au">www.cancerwa.asn.au</a></td>
</tr>
</tbody>
</table>

### Gambling

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gambling Help WA</td>
<td>9325 6644</td>
</tr>
<tr>
<td>Face to face counselling</td>
<td><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problem Gambling Assistance</td>
<td>1300 364 277</td>
</tr>
<tr>
<td>Face to face counselling</td>
<td><a href="http://www.relationships.org.au">www.relationships.org.au</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gambling Helpline</td>
<td>1800 858 858</td>
</tr>
</tbody>
</table>
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, 68

While mental health is not the taboo subject it once was, it can still be difficult for men to recognise when something’s wrong or to know where to get help. There are many excellent mental health services available in WA.

**Mental Health Services**

**Mental Health Emergency Response Line**  
Metro 1300 555 788  
Peel 1800 676 822  
Rurallink 1800 552 002

*For confidential after-hours psychiatric emergency services*

**WA Mental Health Commission**  
6272 1200  
*Central source for all things to do with mental health in WA*  
[www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au)

**MATES in Construction WA Ltd**  
24/7 helpline 1300 642 111 or 08 9463 6664  
*A charity supporting the wellbeing of construction workers and their family. Helping workers overcome life issues and providing suicide awareness training.*
Beyond Blue 1300 224 636
Regional Men’s Health Initiative 9690 2277
Promotes well being capacity and mental health

Man Therapy
*Virtual therapist for the aussie bloke*  www.mantherapy.org.au

SANE Helpline 1800 688 382
*Mental illness information and referral centre*

Mental Illness Fellowship WA 9228 0200
*A mental illness information and referral service*  www.mifa.org.au/mifwa

Western Australian Association for Mental Health (WAAMH) 9420 7277
*Offers community-based services focused on recovery*

Mental Health Carers Arafmi (WA) 9427 7100 or 1800 811 747
*Info and support service for family members and friends of people with mental health issues*  www.arafmi.asn.au

Men’s Time 9263 2050
*Provides relationship counselling referrals and support groups for men*  www.menstime.com.au

Samaritans Suicide Emergency Line 1800 198 313

Mensline Australia 1300 789 978
*Talk with a bloke*

OzHelp Pilbara (WA) 1300 OZHELP (1300 694 357) 9185 5769
*Workplace mental health and wellbeing training and support services*  www.ozhelp.org.au

Suicide Call Back Service 1300 659 467
*A Free nation-wide telephone support service for people at risk of suicide and their carers*

Act Belong Commit 9266 3788
*A health promotion campaign that encourages individuals to take action to help promote their mental wellbeing*  www.actbelongcommit.org.au

National Dementia Helpline 1800 100 500

Veterans and Veterans’ Families Counselling Service 1800 011 046
*Provides counselling education services and support groups for veterans and their families*  www.vvaa.org.au
Sometimes your relationship might need some extra help and support to thrive or to get over a bump in the road. If a relationship has broken down, changes to family life, living arrangements and access to children can be challenging. Help is out there.

**Things were pretty bad**

“When we went to get help they helped us with the practical hassles and the communication – that was the problem.”

**Relationships**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Relationship Advice Line</td>
<td>1800 050 321</td>
</tr>
<tr>
<td>Relationships Australia</td>
<td>1300 364 277</td>
</tr>
<tr>
<td><strong>Statewide. Also see Family Relationship Centres in Perth and Bunbury</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.wa.relationships.com.au">www.wa.relationships.com.au</a></td>
<td></td>
</tr>
<tr>
<td>MensLine Australia</td>
<td>1300 789 978</td>
</tr>
<tr>
<td>24 hour telephone and online support info and referral service</td>
<td><a href="http://www.mensline.org.au">www.mensline.org.au</a></td>
</tr>
<tr>
<td>Anglicare Relationship Services (KinWay)</td>
<td>9263 2050</td>
</tr>
<tr>
<td>Family and domestic violence, couple and individual counselling, parent and adolescent counselling</td>
<td><a href="http://www.anglicarewa.org.au">www.anglicarewa.org.au</a></td>
</tr>
<tr>
<td>Dads@Lifeline</td>
<td>9261 4451</td>
</tr>
<tr>
<td>Support to fathers and children after separation or bereavement</td>
<td><a href="http://www.lifelinewa.org.au">www.lifelinewa.org.au</a></td>
</tr>
<tr>
<td>Centrecare Services for Men</td>
<td>9325 6644</td>
</tr>
<tr>
<td>Services for men to enhance relationships with partners, children, mates and co-workers</td>
<td><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></td>
</tr>
<tr>
<td>Hey Dad-WA</td>
<td>9368 9368</td>
</tr>
<tr>
<td>Support for fathers in the early lives of their children</td>
<td><a href="http://www.ngala.com.au">www.ngala.com.au</a></td>
</tr>
<tr>
<td>Families Without Fear</td>
<td>9325 4391</td>
</tr>
<tr>
<td>For people to improve interaction with partners and families where there has been violence or abuse</td>
<td><a href="http://www.communicare.org.au">www.communicare.org.au</a></td>
</tr>
</tbody>
</table>
Fathers and mentoring

Children blossom with good parenting from happy parents, but it’s not always that simple or easy. There are services in Western Australia that can help with parenting and relationship skills, as well as separation and blended family issues.

**Fathering**

**Dads in the Early Years** 9309 2377
*Info service directory, activities, playgroups*
www.meerilinga.org.au

**Dads@Lifeline** 9261 4451
*Support to fathers and children after separation or bereavement*
www.lifelinewa.org.au

**Child Health Centres**

**Call healthdirect Australia at** 1800 022 222
*310 centres across WA children’s health and development*
www.health.wa.gov.au

**The Fathering Project - University of WA** 9346 2005
*Info, talks, groups*
www.thefatheringproject.org

**Parenting WA Line** 6279 1200 or 1800 654 432
www.communities.wa.gov.au

**Ngala (Hey Dad)**

**Helpline** 9368 9379
1800 111 546
www.ngala.com.au

*Info and workshops for dads*

*continued next page*
Fathers and mentoring

**Fathering continued**

Dad’s Appreciating Disabilities  
[www.dadsaustralia.org.au](http://www.dadsaustralia.org.au)

National Support for fathers of children with disabilities

Family Planning Western Australia  
9227 6177  
[www.fpwa.org.au](http://www.fpwa.org.au)

Playgroup WA  
9228 8088  
or 1800 171 882

Fostering children’s development through play  

Raising Children Network (National)  
13 20 55  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Dads in Distress  
1300 853 437  
[www.dadsindistress.asn.au](http://www.dadsindistress.asn.au)

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**Mentoring**

YMCA Big Brothers Big Sisters  
9227 0479  
[ymcap Perth.org.au](http://ymcap Perth.org.au)

Pathways Foundation  
1300 850 766

Child to adult programs  

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**Child Support Agency** (national)  
13 12 72  

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**MAN** is the peak body for male health and wellbeing in WA. The website contains many useful links to assist men to access fathering and mentoring resources.  
Aboriginal and Torres Strait Islander organisations

**WA Aboriginal Health Services**

Department of Health - Aboriginal Health Division 9222 4024
*Culturally appropriate health care that meets the needs of Aboriginal and TSI people*  www.aboriginal.health.wa.gov.au

Derbarl Yerrigan Health Service Inc 9421 3888
An Aboriginal community controlled organisation staffed by health professionals in Perth  www.derbarlyerrigan.com.au

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

Australian Indigenous HealthInfoNet 9370 6336
*Web resources, facts and policies on indigenous health*  www.healthinfonet.ecu.edu.au

Aboriginal Health Council of WA 9227 1631
*Developing Aboriginal Health policy*  www.ahcwa.org.au

Indigenous Specific Services 9325 6644
*Accommodation, family support and counselling services*  www.centrecare.com.au

**Aboriginal Legal Service of Western Australia** 9265 6666 or 1800 019 900
www.als.org.au

**Yorgum** 9218 9477
*Aboriginal counselling and referral service*  www.yorgum.com.au

**Educational Services**

**Centrelink - Abstudy** 13 23 17

**Kulbardi** 9360 2128
kulbardi.murdoch.edu.au

**Nulungu Centre for Indigenous Studies** 9192 0648
www.ndus.org.au
Too many blokes don’t seek help when they have a health hassle until it gets really bad.

“Some fellas – say, with heart, prostate or skin cancer – leave it too late, when a check up at the doc’s would have picked it up.”

Dave 32, nurse

Men suffer from some physical conditions more than women. Leading causes of premature death in men include heart-related diseases and various forms of cancer – especially lung and prostate cancer – stroke, diabetes and suicide. Many of these conditions are preventable. So here’s a good place to start looking for health-related information and tips for living healthier lives.

<table>
<thead>
<tr>
<th>Health Info</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthdirect</td>
<td>1800 022 222</td>
<td><a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a></td>
</tr>
<tr>
<td>Medicare Local</td>
<td>1800 899538</td>
<td><a href="http://www.medicareforall.health.gov.au">www.medicareforall.health.gov.au</a></td>
</tr>
<tr>
<td>Perth Primary Care Network</td>
<td>9376 9200</td>
<td><a href="http://www.ppcn.org.au">www.ppcn.org.au</a></td>
</tr>
<tr>
<td>Community Health Centres and Services</td>
<td></td>
<td><a href="http://www.health.wa.gov">www.health.wa.gov</a></td>
</tr>
<tr>
<td>Quitline</td>
<td>13 7848 (13 QUIT)</td>
<td><a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a></td>
</tr>
<tr>
<td>Poisons Information Centre</td>
<td>13 11 26</td>
<td></td>
</tr>
<tr>
<td>Family Planning WA</td>
<td>9227 6177</td>
<td><a href="http://www.fpwa.org.au/">www.fpwa.org.au/</a></td>
</tr>
<tr>
<td>Injury</td>
<td></td>
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</tr>
<tr>
<td>Injury Control Council of WA</td>
<td>9420 7212</td>
<td><a href="http://www.iccwa.org.au">www.iccwa.org.au</a></td>
</tr>
</tbody>
</table>
**Chronic Disease Prevention and Management**

- **Heart Foundation** 1300 362 787
  *Information on heart health activity programs and healthy nutrition*
  [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

- **Cardiovascular Risk Calculator** [www.cvdcheck.org.au](http://www.cvdcheck.org.au)

- **National Stroke Foundation** 1800 787 653
  *Specialises in stroke health services*

- **Diabetes WA** 1300 136 588
  *Provides diabetes-related products, support and education services*

- **Arthritis and Osteoporosis Foundation WA** 9388 2199
  [www.arthritiswa.org.au](http://www.arthritiswa.org.au)

- **Asthma Foundation WA** 1800 645 130
  [www.asthmawa.org.au](http://www.asthmawa.org.au)

- **Cancer Council Western Australia** 9212 4333
  *Cancers that affect men*
  [www.cancerwa.asn.au](http://www.cancerwa.asn.au)

- **Cancer Council NSW Initiative**
  *Have a health conversation with your mates!*
  [www.shitmatesdontsay.com](http://www.shitmatesdontsay.com)

- **Bowel Cancer** [www.bowelcanceraustralia.org/bca/](http://www.bowelcanceraustralia.org/bca/)

- **Prostate Cancer Foundation of Australia** 9381 7444 or 1800 220 099
  *Treatment support and prevention*
  [www.prostate.org.au](http://www.prostate.org.au)

- **Continence Advisory Service of WA** 9386 9777
  [www.continencewa.org.au](http://www.continencewa.org.au)

- **Andrology Australia** 1300 303 878
  *Men’s reproductive health*
  [www.andrologyaustralia.org.au](http://www.andrologyaustralia.org.au)

- **Impotence Australia** 1800 800 614

- **Men’s Resource Centre - Pitstop wellness checks** 9841 4777
  *Longer, happier and healthier lives for men*

- **HealthInsite**
  *Up-to-date and reliable health information*

- **M5 Project Men’s Preventative Health**
  *Proactive and preventative men’s health initiative*
  [www.m5project.com.au](http://www.m5project.com.au)

- **Foundation 49** 9508 5363
  *Seeks to improve the health status of men’s major diseases*
  [www.49.com.au](http://www.49.com.au)

- **Measure Up**
  *Offers healthy living and weight management strategies*

- **Better Health - Victoria**
  *Info on health conditions, healthy living and support on relationships and family*
Staying physically active and eating a healthy diet will do a lot to maintain your health and wellbeing. Here’s a list of places to go to help you achieve a healthier lifestyle.

Department of Sport and Recreation  www.dsr.wa.gov.au

Police Citizens Youth Clubs (PCYC)  9356 0555
Recreational and educational activities and programs for young people all over metro Perth and regional WA  www.wapcyc.com.au

Join a Club  9492 9700
Connect with one of 2800 clubs listed in WA  www.clubsonline.dsr.wa.gov.au/joinaclub

Cancer Council Western Australia Helpline  13 11 20

WA Local Govt. Association
Facilities and recreation programs  www.walga.asn.au


Federation of WA Bushwalkers  9384 5505  www.bushwalkingwa.org.au
Cycling WA  9328 3422  www.wa.cycling.org.au
Triathlon WA  9387 2907  triwa.org.au
Get on Track Challenge  9325 7699 or 1300 136 588
Team-based outdoor activity and healthy eating program
   www.getontrackwa.com.au
Seniors Recreation Council of WA Inc.  9492 9773  www.srcwa.asn.au
Act Belong Commit  9266 3788
Links to activities  www.actbelongcommit.org.au
Heart Foundation - Walking Groups  1300 362 787  www.heartfoundation.org/walking
Start Exercising - Fitness Australia  www.startexercising.com.au
Nutrition Australia Western Australian Division Inc. (NAWA)  6201 0469  www.nutritionaustralia.org/wa

National Swap It Don’t Stop It Campaign  9222 4478
Simple tips to a healthier lifestyle and healthier weight
Better Health
   Web resource  www.betterhealth.vic.gov.au
LiveLighter  9388 3343
Support to eat well, be active and maintain healthy weight
   www.livelighter.com.au
FOODcents  9388 4333
Tips for a healthy diet on a healthy budget
   www.foodcentsprogram.com.au
The National Healthy Weight Website  1800 020 103
Healthy eating tips and information on physical activity and nutrition
My Healthy Balance
Diabetes WA  myhealthybalance.com.au
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of the Third Age U3A</td>
<td>6488 1857</td>
<td><a href="http://www.u3auwa.org">www.u3auwa.org</a></td>
</tr>
<tr>
<td>Low cost educational opportunities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Eldership project</td>
<td></td>
<td><a href="http://www.eldership.com.au">www.eldership.com.au</a></td>
</tr>
<tr>
<td>Home and Community Care</td>
<td>1800 200 422</td>
<td></td>
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<tr>
<td>Assistance with independent living</td>
<td></td>
<td></td>
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<tr>
<td>Carers WA</td>
<td>1800 242 636</td>
<td></td>
</tr>
<tr>
<td>Support for carers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WA Men’s Sheds</td>
<td>1300 550 009</td>
<td><a href="http://www.wamsa.org.au/mapofwasheds">www.wamsa.org.au/mapofwasheds</a></td>
</tr>
<tr>
<td>Safe, friendly and welcoming. Work on meaningful projects and contribute to the community</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have A Go News</td>
<td>9227 8283</td>
<td><a href="http://www.haveagonews.com.au">www.haveagonews.com.au</a></td>
</tr>
<tr>
<td>Seniors Recreation Council WA</td>
<td>9492 9773</td>
<td><a href="http://www.srcwa.asn.au">www.srcwa.asn.au</a></td>
</tr>
<tr>
<td>Active recreation for over 50’s</td>
<td></td>
<td></td>
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<tr>
<td>Online resources for over 50’s</td>
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</tbody>
</table>

**Additional Organizations**

- Council on the Ageing WA: 9321 2133
  - www.cotawa.org.au
- Veterans: 1800 011 046
  - www.dva.gov.au
- Aged & Community Services: 9244 8233
  - www.acswa.org.au
- Home and Community Care: 1800 200 422
- Support for carers
- Carers WA: 1800 242 636
- Assisted living
- WA Men’s Sheds: 1300 550 009
- www.wamsa.org.au/mapofwasheds
- Have A Go News: 9227 8283
- www.haveagonews.com.au
- Seniors Recreation Council WA: 9492 9773
- Active recreation for over 50’s
- www.srcwa.asn.au
- Seniors.gov.au: 1800 500 853
- Online resources for over 50’s
- www.seniors.gov.au

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**General Information**

- Council on the Ageing WA: 9321 2133
- www.cotawa.org.au
- Veterans: 1800 011 046
- www.dva.gov.au
- Aged & Community Services: 9244 8233
- www.acswa.org.au
- Home and Community Care: 1800 200 422
- Assistance with independent living
- Carers WA: 1800 242 636
- Support for carers
- WA Men’s Sheds: 1300 550 009
- www.wamsa.org.au/mapofwasheds
- Have A Go News: 9227 8283
- www.haveagonews.com.au
- Seniors Recreation Council WA: 9492 9773
- Active recreation for over 50’s
- www.srcwa.asn.au
- Seniors.gov.au: 1800 500 853
- Online resources for over 50’s
- www.seniors.gov.au
Read Write Now!
Read Write Now offers one-to-one literacy tutoring to 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. Centres in Perth, Armadale, Canning, Fremantle, Murdoch, Morley, Joondalup, Swan, Northam/Toodyay, Mandurah, Rockingham/Kwinana, Broome, Albany, Collie, Geraldton, Esperance, Kattaning and Kalgoorlie.

1800 018 802 www.read-write-now.org

WA Adult Literacy Council www.waalc.org.au
Violence and abuse are experienced by many people, from all walks of life. Men can be abused by other men and by women. Men can be abused within their family, at work and in the general community. And some men can use violence against others. Being a victim and perpetrator of abuse at the same time is not uncommon. If you’ve been abused or if you use violence against others, it’s important to get help. Violence is never okay. There is no excuse for abuse.

For people who have experienced violence

In an emergency call the Police 000

Department of Child Protection 1800 622 258
TTY: 9325 1232
www.dcp.wa.gov.au

Men’s Domestic Violence Helpline 1800 000 599

Crisis Care Helpline 1800 199 008
24 hour

The National Sexual Assault Family & Domestic Violence Counselling Line 1800 RESPECT (1800 737 732)
For anyone who has experienced or is at risk of family and domestic violence and/or sexual assault

Sexual Assault Resource Center (SARC) 9340 1828
Crisis line 24 hours Rural freecall 1800 199 888

Mensline Australia 1300 789 978
A telephone and online support information and referral service
www.menslineaus.org.au

CentreCare 9325 6644
Support, advocacy and counselling services
www.centrecare.com.au

Families Without Fear Program
Head Office: 9325 4391
Armadale Office: 9399 7977
Cannington Office: 9251 5777
Rockingham Office: 9527 9678
Domestic violence support services www.communicare.org.au
Stopping my violence against others.

Information for men seeking help to stop using violence, or to support a friend to stop using violence. Violence is never okay. There is no excuse for abuse.

Family and Domestic Violence Services 9325 6644
For men who are concerned about the affects of their behaviour on the people they love, work and spend time with
www.centrecare.com.au

Mensline Australia 1300 789 978
Phone and online support info and referral service. Help to deal with relationship problems in practical and effective ways
www.mensline.org.au

MensTime (Kinway)
Perth 9263 2121
Joondalup 9301 8550
Developed by men for men and can help with issues relating to anger regulation, communication and conflict resolution
www.anglicarewa.org.au

Men’s Outreach Service - Broome 9192 2767
Counselling for men on personal and relationship issues anger management and drug and alcohol abuse

Relationships Australia (MENS PLACE) 1300 364 277
Men and family relationship services, specialised family violence services
www.relationships.com.au

Breathing Space 9439 5707
www.communicare.org.au

Centrecare Men’s Helpline 1800 000 599 or 9223 1199
www.centrecare.com.au
Culturally and linguistically diverse (CaLD).

**Humanitarian Refugee Settlement Support**

**Centrecare Migrant Services** 9451 1100  
Meets the needs of newly arrived migrants and refugees and provides a range of services supporting humanitarian refugees and migrants to settle in WA  [www.centrecare.com.au](http://www.centrecare.com.au)

**Office of Multicultural Interests** 6552 1500  
Supports organisations delivering services to CaLD communities  [www.omi.wa.gov.au](http://www.omi.wa.gov.au)

**Australian Asian Association of WA INC**  
Perth 9328 6202  
Joondalup 9300 2710

**Multicultural Service Centre** 9328 2699  

**Metropolitan Migrant Resource Centre** 9345 5755  
[www.mmrcwa.org.au](http://www.mmrcwa.org.au)

**Telephone Interpreter Service** 13 14 50

**Fremantle Multicultural Centre** (08) 9336 8282

**Red Cross** 1800 810 710

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**Asylum Seeker Assistance Service**  
Health, legal, and practical supports

**Community Assistance Program**  
For clients with exceptional circumstances and vulnerabilities, are unable to access other assistance, and are awaiting their immigration status to be resolved

**International Tracing Service**  
Assists families to regain contact when they have become separated as a result of conflict, war or disaster  [www.redcross.org.au](http://www.redcross.org.au)

**WA Association for Services to Torture and Trauma Survivors** 9227 2700  
[www.asetts.org.au](http://www.asetts.org.au)
<table>
<thead>
<tr>
<th><strong>GLBTIQ community.</strong></th>
</tr>
</thead>
</table>
| **The WA AIDS Council** 9482 0000  
Offers a wide range of services in the prevention of HIV and the treatment and care of people living with HIV/AIDS  
www.waaids.com |
| **Gay & Lesbian Community Services** 9420 7201  
1800 184 527  
Support info and resources to the gay, lesbian, bisexual and transgender communities of WA  
www.glcs.org.au |
| **Pride WA** 6210 1317  
Celebrating Diverse Sexualities - Encouraging the cultural expression and celebrating, championing and supporting the rights and freedoms of lesbian, gay, bisexual, transgender, intersex, queer and other same sex attracted people living in WA  
www.pridewa.asn.au |
| **AIDS-Line** 9482 0044  
Information and Referral Line |
| **Project X** 9322 8401  
Country 1800 671 130  
Information and support web for gay men  
www.projectx.net.au |
| **Parents and Friends of Lesbian and Gays (PFLAG)** 9869 1454  
Support and information to families and friends of all gay people  
www.pflagaustralia.org.au |
| **Safe Sex No Regrets** 9482 0000  
Safer sex condom use and STI transmission treatment and prevention  
www.safesexnoregrets.com.au |
| **Gay and Lesbian Equality (WA)**  
www.galewa.asn.au |
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Kids Helpline</td>
<td>1800 551 800</td>
<td><a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a></td>
</tr>
<tr>
<td>Free phone and online counselling aged 5-25 years</td>
<td></td>
<td></td>
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<tr>
<td>Youth Focus</td>
<td>6266 4333</td>
<td></td>
</tr>
<tr>
<td>A free service for people aged 12-25 suffering from thoughts of suicide, depression and self harm</td>
<td><a href="http://www.youthfocus.com.au">www.youthfocus.com.au</a></td>
<td></td>
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<tr>
<td>Headspace</td>
<td></td>
<td><a href="http://www.headspace.org.au">www.headspace.org.au</a></td>
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<tr>
<td>National Youth Mental Health Foundation</td>
<td>9842 9871</td>
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<tr>
<td>12 to 25 years</td>
<td><a href="mailto:info@headspacegs.com.au">info@headspacegs.com.au</a></td>
<td></td>
</tr>
<tr>
<td>Great Southern (Albany)</td>
<td>9208 9555</td>
<td></td>
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<tr>
<td><a href="mailto:info@headspaceperth.com.au">info@headspaceperth.com.au</a></td>
<td>933 56333</td>
<td></td>
</tr>
<tr>
<td>Fremantle</td>
<td></td>
<td><a href="mailto:info@fremantleheadspace.com.au">info@fremantleheadspace.com.au</a></td>
</tr>
<tr>
<td>Kimberley (Broome)</td>
<td>9193 6222</td>
<td></td>
</tr>
<tr>
<td>eHeadspace</td>
<td>1800 650 890</td>
<td></td>
</tr>
<tr>
<td>Email and online chat with counsellors</td>
<td></td>
<td><a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a></td>
</tr>
<tr>
<td>Youth Beyond Blue</td>
<td>1300 224 636</td>
<td></td>
</tr>
<tr>
<td>Info on depression, Mental Health practitioner list</td>
<td><a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a></td>
<td></td>
</tr>
<tr>
<td>Centre for Multicultural Youth</td>
<td></td>
<td></td>
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<tr>
<td>Has information and advocates for the needs of young people from migrant and refugee backgrounds</td>
<td><a href="http://www.cmy.net.au">www.cmy.net.au</a></td>
<td></td>
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<tr>
<td>Reach Out</td>
<td></td>
<td><a href="http://www.reachout.com.au">www.reachout.com.au</a></td>
</tr>
<tr>
<td>Online youth mental health service</td>
<td></td>
<td></td>
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<tr>
<td>Youth Legal Services</td>
<td>9202 1688</td>
<td><a href="http://www.youthlegalserviceinc.com.au">www.youthlegalserviceinc.com.au</a></td>
</tr>
<tr>
<td>or 1800 199 006</td>
<td>9430 4544</td>
<td></td>
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<tr>
<td>Quarry Health Centre</td>
<td></td>
<td><a href="http://www.fpwa.org.au/or-servicesquarry">www.fpwa.org.au/or-servicesquarry</a></td>
</tr>
<tr>
<td>Under 25s clinical counselling and education services for sexual health</td>
<td></td>
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<tr>
<td>Mission Australia</td>
<td>9225 0400</td>
<td></td>
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<tr>
<td>Families, youth homelessness, employment</td>
<td>1300 651 329</td>
<td><a href="http://www.missionaustralia.com.au">www.missionaustralia.com.au</a></td>
</tr>
<tr>
<td>Drug and Alcohol Youth Service</td>
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<tr>
<td>Young People</td>
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<tr>
<td>Commissioner for Children and Young People</td>
<td></td>
<td><a href="http://www.ccyp.wa.gov.au">www.ccyp.wa.gov.au</a></td>
</tr>
<tr>
<td>Great links page to info, support and advice</td>
<td><a href="http://www.bullyingnoway.com.au">www.bullyingnoway.com.au</a></td>
<td></td>
</tr>
<tr>
<td>Crisis Care Helpline</td>
<td>1800 199008</td>
<td></td>
</tr>
<tr>
<td>When you need help you sort out a serious problem</td>
<td></td>
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</tbody>
</table>
The Disability Services Commission 9426 9352

Family Support WA 9303 4660
Respite and help, personal development programs, camps etc. www.familysupportwa.org.au

People with Disabilities Australia 9485 8900
Individual and systemic advocacy for people with physical, intellectual, psychiatric or sensory disability www.pwdwa.org

Sexual Health and wellbeing
Disability counselling clinics and support services

Family Planning WA 9227 6177
www.fpwa.org.au

People First Program 9227 6414
www.peoplefirstprogram.com.au

Sexuality Education Counselling and Consultancy Agency www.secca.org.au

WA Advocacy South West 9791 3293
www.advocacysouthwest.org.au

Ethnic Disability Advocacy Centre 9388 7455
www.edac.org.au

People who are Hearing and/or Speech impaired
1800 555 660 www.relayservice.com.au
If you are deaf, or have a hearing impairment or speech impairment, contact services through the National Relay Service:
• TTY users phone 1800 555 677 then give the telephone number of the service you want.
• Speak and Listen users phone 1800 555 727 then give the telephone number of the service you want.
• Internet relay users connect to the NRS (www.relayservice.com.au) and give the telephone number of the service you want.
Movies and books are great entertainment, but can also be an excellent way to gain a different perspective on an issue you’re facing, or a whole range of life events. There are many movies that offer a light-hearted perspective on the problems men face, but also reveal the depth and emotion that is also part of all men.

Here are a few recommendations that other men have found useful, insightful or just plain fun.

**Movies**
- The Green Mile
- Men’s Group
- The Full Monty
- Mrs Doubtfire
- Dead Poets’ Society
- Fight Club
- The Boys are Back
- I am Sam
- Romulus My Father
- Last Ride
- Milk
- Brokeback Mountain
- The Shawshank Redemption
- Gran Torino
- Kinky Book
- Looking for Eric
- Children of Men
- What Dreams May Come
- Captains Courageous
- Deliverance
- A River Runs Through It
- Amistad
- Three Dollars
- Patch Adams
- The Pursuit of Happyness
- Billy Elliot
- The World’s Fastest Indian
- The Last King of Scotland
- Where the Wild Things Are
- Mad Bastards
- Absent

**Books**
- Tuesdays with Morrie
  
  *Mitch Albom*
- Why Warriors Lie Down and Die
  
  *Richard Trugden*
  
  *Steve Biddulph*
- The Rough Guide to Men’s Health
  
  *Lloyd Bradley*
- Daughters and their Dads
  
  *Bruce Robinson*
- Taking Care of Yourself and Your Family
  
  11th Edition
  
  *John Ashfield*
- Men’s Health and Wellbeing an A–Z Guide
  
  *Greg Millan*
- Fathering from the Fast Lane
  
  *Bruce Robinson*
- The Dad Factor
  
  *Richard Fletcher*
- What Men Don’t Talk About
  
  *Maggie Hamilton*
- What’s Happening to Our Boys?
  
  *Maggie Hamilton*
- King Warrior Magician Lover
  
  Rediscovering the Archetypes of the Mature Masculine
  
  *Robert Moore Douglas Gillette*
- The Real Man’s Toolbox
  
  *Tammy Farrell*
Your general practitioner (GP) is there to treat you if you feel unwell, but also to prevent future health problems. One way of doing this is to identify existing or potential things that may affect your health (known as ‘risk factors’). Your GP may want to detect an illness in its early stages so that it can be treated more effectively. This could involve tests such as checking your blood pressure. Preventive care also includes advice and support for ways to improve your health. Your GP can offer such advice and provide you with information you may need to improve your health. You can prevent many illnesses by making some simple changes in the way you live. If you have a family history of, for example, heart disease or stroke, your GP may want to discuss this with you.

Please complete the following questions to help identify your risk factors.

### Family History

Do you have a family history of any of the following?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease</td>
<td></td>
<td></td>
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<tr>
<td>Diabetes</td>
<td></td>
<td></td>
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<tr>
<td>Stroke</td>
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<tr>
<td>Alcohol related conditions</td>
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<td></td>
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<tr>
<td>Mental illness</td>
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<td></td>
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<tr>
<td>Bowel cancer</td>
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<td></td>
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<tr>
<td>Prostate cancer</td>
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<tr>
<td>Other types of cancer</td>
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</tr>
</tbody>
</table>

If yes, please list type and family relationship (eg. father, sister)
### Men’s health check questionnaire.

#### Heart Health

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you had your blood pressure checked in the past 12 months?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Mental Health

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over the past 2 weeks, have you felt down, depressed or hopeless?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Over the past 2 weeks, have you felt little interest or pleasure in doing things?</td>
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</tbody>
</table>

#### Immunisation

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past 10 years, have you had a tetanus vaccine?</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

#### Medications

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you regularly use any over-the-counter drugs (eg, nonprescription drugs)?</td>
<td></td>
<td></td>
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<tr>
<td>Do you regularly use any herbal or other natural medicines?</td>
<td></td>
<td></td>
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<tr>
<td>Do you use any recreational drugs (eg, marijuana, speed, ice, ecstasy)?</td>
<td></td>
<td></td>
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</tbody>
</table>

#### Cancer

<table>
<thead>
<tr>
<th>Question</th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>When outside, do you wear sunscreen?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When outside, do you wear protective sun clothing (eg, hat, long sleeve top)?</td>
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<td></td>
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<tr>
<td>If you are over 40, have you consulted your doctor about prostate cancer?</td>
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</tbody>
</table>
**Lifestyle**

Do you participate in more than 30 minutes of exercise/moderate activity on most days of the week (at least 2.5 hours per week)?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td></td>
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</tbody>
</table>

How many portions of fruit and vegetables do you usually eat each day?

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1-2</th>
<th>3-4</th>
<th>5-6</th>
<th>7 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Examples of a single serve of fruit:**
- 1 medium size apple, banana, orange or ¼ rock melon
- ½ cup of fruit juice
- 4 dried apricots or 1 ½ tablespoons of sultanas
- 1 cup of canned or fresh fruit salad

**Examples of a single serve of vegetables:**
- ½ cup of cooked vegetables (75g)
- 1 medium potato
- 1 cup of salad vegetables

Do you drink more than 2 standard alcoholic drinks per day?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td></td>
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</tbody>
</table>

Do you ever drink more than 4 standard alcoholic drinks on one occasion?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Do you smoke?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>#</td>
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</tbody>
</table>

If yes, are you interested in quitting smoking?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**For those aged 45 years and older**

Have you had your cholesterol tested in the past 12 months?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#</td>
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</tbody>
</table>
Men’s health check questionnaire.

For those aged 50 years and older

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past 3 years, have you had a fasting blood sugar level taken to test for diabetes?</td>
<td></td>
<td></td>
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<tr>
<td>In the past 2 years, have you used a special kit (bowel cancer testing kit) to test your stool (poo) for blood?</td>
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<tr>
<td>In the past 5 years, have you had a urine test for protein levels?</td>
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<tr>
<td>Have you discussed prostate cancer testing with your doctor?</td>
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<td></td>
</tr>
</tbody>
</table>

For those aged 65 years and over

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past 12 months have you had a flu vaccine?</td>
<td></td>
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</tr>
<tr>
<td>When was the last time you were immunised against pneumococcal pneumonia?</td>
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<tr>
<td>Have you had a fall in the past year?</td>
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<tr>
<td>Have you had your vision checked in the past year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you had your hearing checked in the past year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you consulted your doctor about bowel cancer screening?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What does all this mean for me?
Talk to your GP about what this means for you. Using this information, your GP will be able to help you identify your health risk factors and what tests, if any, you should have. Your GP can also help you improve your health by changing your lifestyle. Even if you feel healthy and don’t think you need a GP, it is still a good idea to have regular health checks.
The Internet has become one of the easiest and most private ways to access information. If you don’t have your own computer, local libraries and community centres do. Here are a few suggestions to get you started.

**Websites for issues relevant to men.**

<table>
<thead>
<tr>
<th>Website</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Foundation</td>
<td><a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a></td>
</tr>
<tr>
<td>M5 Project</td>
<td><a href="http://www.m5project.com.au">www.m5project.com.au</a></td>
</tr>
<tr>
<td>McCusker Centre for Action on Alcohol and Youth</td>
<td><a href="http://www.mcaay.org.au">www.mcaay.org.au</a></td>
</tr>
<tr>
<td>Men’s eHealth Network</td>
<td><a href="http://www.mehn.org.au">www.mehn.org.au</a></td>
</tr>
<tr>
<td>MensLine Australia</td>
<td><a href="http://www.mensline.org.au">www.mensline.org.au</a></td>
</tr>
<tr>
<td>Prostate Cancer Foundation Australia</td>
<td><a href="http://www.prostate.org.au">www.prostate.org.au</a></td>
</tr>
<tr>
<td>Quitline</td>
<td><a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a></td>
</tr>
<tr>
<td>Aboriginal Men’s and Boy’s Health</td>
<td><a href="http://www.ahmrc.org.au/amh/amh">www.ahmrc.org.au/amh/amh</a></td>
</tr>
<tr>
<td>Centre for Advancement of Men’s Health</td>
<td><a href="http://www.mannet.com.au">www.mannet.com.au</a></td>
</tr>
<tr>
<td>MAN</td>
<td><a href="http://www.man.org.au">www.man.org.au</a></td>
</tr>
<tr>
<td>Men’s Health Australia</td>
<td><a href="http://www.menshealthaustralia.net">www.menshealthaustralia.net</a></td>
</tr>
<tr>
<td>Andrology Australia</td>
<td><a href="http://www.andrologyaustralia.org">www.andrologyaustralia.org</a></td>
</tr>
<tr>
<td>Australian Mens Sheds Association</td>
<td><a href="http://www.mensshed.org">www.mensshed.org</a></td>
</tr>
<tr>
<td>Beyond Blue</td>
<td><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></td>
</tr>
<tr>
<td>Bowel Cancer Australia</td>
<td><a href="http://www.bowelcanceraustralia.org">www.bowelcanceraustralia.org</a></td>
</tr>
<tr>
<td>The Right Mix</td>
<td></td>
</tr>
<tr>
<td>Your health and alcohol</td>
<td><a href="http://www.therightmix.gov.au">www.therightmix.gov.au</a></td>
</tr>
<tr>
<td>Diabetes WA</td>
<td><a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a></td>
</tr>
<tr>
<td>Foundation 49 Men’s Health</td>
<td><a href="http://www.49.com.au">www.49.com.au</a></td>
</tr>
<tr>
<td>Headspace</td>
<td><a href="http://www.headspace.org.au">www.headspace.org.au</a></td>
</tr>
</tbody>
</table>

on men’s preventive health visit: www.m5project.com.au
Please send your recommendations for the next update to:
admin@man.org.au

Check the website for updated information.
www.man.org.au/individuals

Request hard copies of The Blokes’ Book
orders@man.org.au

Current as at July 2013