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.
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.

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.
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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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.

### CRISIS SUPPORT

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lifeline Australia</strong></td>
<td>13 11 14</td>
</tr>
<tr>
<td>Confidential telephone crisis support service available 24/7.</td>
<td><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></td>
</tr>
<tr>
<td><strong>Crisis Care Line</strong></td>
<td>1800 199 008</td>
</tr>
<tr>
<td>24 hours a day, seven days a week.</td>
<td>(08) 9223 1111</td>
</tr>
<tr>
<td><strong>Mensline Australia</strong></td>
<td>1300 789 978</td>
</tr>
<tr>
<td>A professional telephone and online support and information service for Australian men.</td>
<td><a href="http://www.mensline.org.au">www.mensline.org.au</a></td>
</tr>
<tr>
<td><strong>Beyond Blue Support.</strong></td>
<td>1300 224 636</td>
</tr>
<tr>
<td>Advice. Action.</td>
<td><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></td>
</tr>
<tr>
<td><strong>Kids Helpline</strong></td>
<td>1800 551 800</td>
</tr>
<tr>
<td><strong>The Samaritans</strong></td>
<td>13 52 47</td>
</tr>
<tr>
<td>Confidential, non-religious and non-judgemental phone-support.</td>
<td><a href="http://www.thesamaritans.org.au">www.thesamaritans.org.au</a></td>
</tr>
<tr>
<td><strong>Veterans Line</strong></td>
<td>1800 011 046</td>
</tr>
<tr>
<td>24/7 service that provides crisis counselling outside of business hours.</td>
<td><a href="http://www.vvcs.gov.au">www.vvcs.gov.au</a></td>
</tr>
<tr>
<td><strong>Mental Health Emergency Response Line</strong></td>
<td>1300 555 788</td>
</tr>
<tr>
<td>This service is available 24 hours a day.</td>
<td>1800 676 822 (country)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mentalhealth.wa.gov.au">www.mentalhealth.wa.gov.au</a></td>
</tr>
<tr>
<td><strong>Healthdirect Australia</strong></td>
<td>1800 022 222</td>
</tr>
<tr>
<td>24hr health advice and information you can count on.</td>
<td><a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></td>
</tr>
<tr>
<td><strong>Men’s Domestic Violence Helpline</strong></td>
<td>(08) 9223 1199</td>
</tr>
<tr>
<td>State wide 24 hour service.</td>
<td>1800 000 599 (country)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.dcp.wa.gov.au">www.dcp.wa.gov.au</a></td>
</tr>
<tr>
<td><strong>Sexual Assault Resource Centre (SARC)</strong></td>
<td>(08) 9340 1828</td>
</tr>
<tr>
<td>24 hour emergency line.</td>
<td>1800 199 888 (country)</td>
</tr>
</tbody>
</table>

**Healthdirect Australia**
24hr health advice and information you can count on.

www.healthdirect.gov.au

(08) 9223 1199

**Men’s Domestic Violence Helpline**
State wide 24 hour service.

1800 000 599 (country)

www.dcp.wa.gov.au

(08) 9340 1828

**Sexual Assault Resource Centre (SARC)**
24 hour emergency line.

1800 199 888 (country)
Victims Support Service 1800 818 988
Free, confidential counselling and support services for all victims of crime.
www.victimsofcrime.wa.gov.au

SANE Australia 1800 187 263
Talk to a mental health professional (weekdays, 9am-5pm AEST).
www.sane.org

Centrecare – Homeless Advisory Service 1800 065 892
Provide information to primary and secondary homeless people that will assist them to seek their own accommodation.
www.housing.wa.gov.au

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

Family Relationship Advice Line 1800 050 321
8 am to 8 pm, Monday to Friday, and 10 am to 4 pm on Saturday (local time), except national public holidays.
www.familyrelationships.gov.au

GriefLine 1300 845 745
Midday to 3am AEST, 7 days a week.
www.griefline.org.au

Abortion Grief Australia 1300 363 550
Abortion grief and pregnancy crisis.
www.abortiongrief.asn.au

Family Drug Support Australia 1300 368 186
Available 24 hours 7 days a week.
www.fds.org.au

Gambling Help Online 1800 858 858
Counselling, information and support, 24hrs, 7 days a week.
www.gamblinghelponline.org.au

Legal Aid WA InfoLine 1300 650 579
Open Monday to Friday 9am to 4pm (AWST) except public holidays.
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
“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
## Help with Housing

### Department of Housing


Links to resources.

### Foundation Housing

<table>
<thead>
<tr>
<th>Phone</th>
<th>Time Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>(08) 9227 6480</td>
<td>Mon-Fri 8:30am to 4:30pm</td>
</tr>
<tr>
<td>1300 895 205</td>
<td>(general repairs)</td>
</tr>
<tr>
<td>6454 4623</td>
<td>(afterhours emergency)</td>
</tr>
</tbody>
</table>

[foundationhousing.org.au](http://foundationhousing.org.au)

### Access Housing

<table>
<thead>
<tr>
<th>Phone</th>
<th>Hotline Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>(08) 9430 0900</td>
<td>1800 203 383</td>
</tr>
</tbody>
</table>

[www.accesshousing.org.au](http://www.accesshousing.org.au)

### Centrecare -

<table>
<thead>
<tr>
<th>Phone</th>
<th>Service Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>(08) 9498 9200</td>
<td>(08) 9325 6644 (CFAS)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></td>
</tr>
</tbody>
</table>

### Reintegrating into the community.

### Centrecare Family Accommodation Service (CFAS)

When you and your family are at risk of homelessness or are homeless.


### Community Housing Coalition of WA

<table>
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<tr>
<th>Phone</th>
<th>Web Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>(08) 9221 7933</td>
<td><a href="http://www.commhousing.com.au">www.commhousing.com.au</a></td>
</tr>
</tbody>
</table>

### Mission Australia -

<table>
<thead>
<tr>
<th>Phone</th>
<th>Web Page</th>
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</thead>
<tbody>
<tr>
<td>(08) 9262 4200</td>
<td><a href="http://www.missionaustralia.com.au">www.missionaustralia.com.au</a></td>
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</tbody>
</table>

### Aboriginal Housing

### Ruah Housing & Homelessness

<table>
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<tr>
<th>Phone</th>
<th>Web Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>(08) 9485 3939</td>
<td><a href="http://www.ruah.com.au">www.ruah.com.au</a></td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th>Organization</th>
<th>Telephone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helping Minds</td>
<td>1800 811 747</td>
<td><a href="http://www.helpingminds.org.au">www.helpingminds.org.au</a></td>
</tr>
<tr>
<td>By providing hope we support our clients, carers and families to live their best possible lives.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Samaritans</td>
<td>13 52 47</td>
<td><a href="http://www.thesamaritans.org.au">www.thesamaritans.org.au</a></td>
</tr>
<tr>
<td>Confidential phone support.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mensline Australia</td>
<td>1300 789 978</td>
<td><a href="http://www.mensline.org.au">www.mensline.org.au</a></td>
</tr>
<tr>
<td>A professional telephone and online support and information service for Australian men.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veterans Line</td>
<td>1800 011 046</td>
<td></td>
</tr>
<tr>
<td>A professional telephone and online support and information service for Australian men.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OzHelp Pilbara (WA)</td>
<td>1300 694 357</td>
<td><a href="http://www.ozhelp.org.au">www.ozhelp.org.au</a></td>
</tr>
<tr>
<td>To support and resource men in workplaces to be more resilient and confident in meeting life’s challenges.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Act Belong Commit</td>
<td>(08) 9266 3788</td>
<td><a href="http://www.actbelongcommit.org.au">www.actbelongcommit.org.au</a></td>
</tr>
<tr>
<td>A comprehensive health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alzheimer’s Australia WA</td>
<td>1800 100 500</td>
<td>wa.fightdementia.org.au</td>
</tr>
<tr>
<td>National Dementia Helpline.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationships WA - 4families</td>
<td>(08) 6164 0600</td>
<td><a href="http://www.relationshipswa.org.au">www.relationshipswa.org.au</a></td>
</tr>
<tr>
<td>(08) 6164 0600</td>
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</table>
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)
<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Support WA</td>
<td>(08) 9384 3544</td>
<td><a href="http://www.cancersupportwa.org.au">www.cancersupportwa.org.au</a></td>
</tr>
<tr>
<td>Prostate Cancer Foundation of Australia</td>
<td>1800 220 099</td>
<td><a href="http://www.prostate.org.au">www.prostate.org.au</a></td>
</tr>
<tr>
<td>Bowel Cancer Australia</td>
<td>1800 555 494</td>
<td><a href="http://www.bowelcanceraustralia.org">www.bowelcanceraustralia.org</a></td>
</tr>
<tr>
<td>Western Australian AIDS Council</td>
<td>(08) 9482 0000</td>
<td><a href="http://www.waids.com">www.waids.com</a></td>
</tr>
<tr>
<td>Leukaemia Foundation</td>
<td>1800 620 420</td>
<td><a href="http://www.leukaemia.org.au">www.leukaemia.org.au</a></td>
</tr>
<tr>
<td>Hepatitis Council of WA</td>
<td>(08) 9328 8538</td>
<td><a href="http://www.hepatitiswa.com.au">www.hepatitiswa.com.au</a></td>
</tr>
<tr>
<td>Arthritis &amp; Osteoporosis Foundation WA</td>
<td>(08) 9388 2199</td>
<td><a href="http://www.arthritiswa.org">www.arthritiswa.org</a></td>
</tr>
<tr>
<td>Asthma Australia</td>
<td>1800 278 462</td>
<td><a href="http://www.asthmaaustralia.org.au">www.asthmaaustralia.org.au</a></td>
</tr>
<tr>
<td>Continence Advisory Service</td>
<td>(08) 9386 9777</td>
<td><a href="http://www.continencewa.org.au">www.continencewa.org.au</a></td>
</tr>
<tr>
<td>Men’s Resource Centre - Well Man Wellness Check</td>
<td>(08) 9841 4777</td>
<td></td>
</tr>
<tr>
<td>Foundation 49</td>
<td>(03) 8532 1516</td>
<td><a href="http://www.49.com.au">www.49.com.au</a></td>
</tr>
<tr>
<td>Measure Up</td>
<td>1800 101 163</td>
<td><a href="http://www.measureup.com.au">www.measureup.com.au</a></td>
</tr>
</tbody>
</table>

**SEXUAL HEALTH**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual &amp; Reproductive Health</td>
<td>(08) 9227 6178</td>
<td><a href="http://www.srhwa.com.au">www.srhwa.com.au</a></td>
</tr>
<tr>
<td>Sexual Health Helpline, information and support over the phone.</td>
<td>1800 198 205</td>
<td></td>
</tr>
<tr>
<td>Sexual Health Quarters</td>
<td>(08) 9227 6177</td>
<td><a href="http://www.shq.org.au">www.shq.org.au</a></td>
</tr>
<tr>
<td>M Clinic</td>
<td>(08) 9227 0734</td>
<td><a href="http://www.mclinic.org.au">www.mclinic.org.au</a></td>
</tr>
<tr>
<td>Free STI/HIV screening clinic for men who have sex with men.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Andrology Australia</td>
<td>1300 303 878</td>
<td><a href="http://www.andrologyaustralia.org">www.andrologyaustralia.org</a></td>
</tr>
<tr>
<td>Impotence Australia</td>
<td>1800 800 614</td>
<td><a href="http://www.impotenceaustralia.com.au">www.impotenceaustralia.com.au</a></td>
</tr>
<tr>
<td>Sexuality Education Counselling and Consultancy Agency (SECCA)</td>
<td>(08) 9420 7226</td>
<td><a href="http://www.secca.org.au">www.secca.org.au</a></td>
</tr>
<tr>
<td>Counselling and education.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>People 1st Programme (PIP)</td>
<td>(08) 9227 6414</td>
<td><a href="http://www.people1stprogramme.com.au">www.people1stprogramme.com.au</a></td>
</tr>
<tr>
<td>Supports people with an intellectual disability in human relationships.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quarry Health Centre</td>
<td>(08) 9227 1444</td>
<td></td>
</tr>
<tr>
<td>For under 25s.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Royal Perth Hospital Sexual Health Clinic</td>
<td>(08) 9224 2178</td>
<td></td>
</tr>
<tr>
<td>South Terrace Clinic</td>
<td>(08) 9431 2149</td>
<td></td>
</tr>
</tbody>
</table>
**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 coggies, a stick of pot and about four pints for dinner. No, I didn’t have a drug problem mate.” - Johnno

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**Alcohol & Drugs**

**Salvation Army Bridge Program**  
Contact via their website  

**Holyoake Institute of Addiction**  
(08) 9416 4444  
[www.holyoake.org.au](http://www.holyoake.org.au)

**Shalom House**  
0448 264 061  

**Alcohol and Drug Information Service (ADIS)**  
(08) 9442 5000  
1800 198 024 (country)  

**Aboriginal Alcohol and Drug Service (AADA)**  
(08) 9221 1411  
[www.aads.org.au](http://www.aads.org.au)

**Alcoholics Anonymous Perth**  
(08) 9325 3566  
1300 222 222 (country)  
[www.aaperthwa.org](http://www.aaperthwa.org)

**AI-Anon Family Groups**  
1300 252 666 (1300 ALANON)  
[www.al-anon.org/australia/](http://www.al-anon.org/australia/)

**WA’s Drug User Org**  
(08) 9321 2877 Perth  
(08) 9791 6699 Bunbury  

**Palmerston Association - Needle & Syringe Program**  
(08) 9892 2100 Albany  
(08) 9581 4010 Mandurah  
[www.palmerston.org.au](http://www.palmerston.org.au)

**Hope Community Services (formerly Drug Arm WA)**  
(08) 9497 9498  
Awareness, rehabilitation & management.  
[www.hopecommunityservices.org.au](http://www.hopecommunityservices.org.au)
### WA Aids Council
- **Needle and syringe exchange program.**
- **Contact:** (08) 9482 000
- **Website:** [www.waaids.com](http://www.waaids.com)

### Alcohol and Drug Support Line
- **Contact:** (08) 9442 5000
- **Country contact:** 1800 198 024
- **Website:** [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

### Parent & Family Drug Support Line
- **Contact:** (08) 9442 5050
- **Country contact:** 1800 653 203
- **Website:** [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

### Working Away Alcohol and Drug Support Line
- **Contact:** 1800 721 997
- **Website:** [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

### Smoking

#### Quitline
- **Contact:** 13 78 48 (13 QUIT)
- **Website:** [www.quitnow.gov.au](http://www.quitnow.gov.au)

#### Make Smoking History
- **Contact:** 13 11 20
- **Website:** [makesmokinghistory.org.au](http://makesmokinghistory.org.au)

### Gambling

#### Gambling Help Online
- **Contact:** 1800 858 858
- **Website:** [gamblinghelponline.org.au](http://gamblinghelponline.org.au)

#### Relationships Australia - Problem Gambling Assistance
- **Contact:** 1300 364 277
- **Website:** [www.relationships.org.au](http://www.relationships.org.au)

#### Centrecare Gambling Help WA
- **Contact:**
  - (08) 9325 6644
  - (08) 9721 5177
- **Website:** [www.centrecare.com.au](http://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
Financial Counselling

Financial Counsellors’ Association of WA 1800 007 007
A free confidential service.
www.financialcounsellors.org

Anglicare WA Financial Counselling
Help solve immediate problems and teach people how to maintain their own financial stability independently.
Contact via their website
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

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

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

“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

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

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
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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meerilinga - Dads in the Early Years</td>
<td>(08) 9489 4022    <a href="http://www.meerilinga.org.au">www.meerilinga.org.au</a></td>
</tr>
<tr>
<td>Info service directory, activities and playgroups.</td>
<td></td>
</tr>
<tr>
<td>The Fathering Project</td>
<td>(08) 6488 3182      <a href="http://www.thefatheringproject.org">www.thefatheringproject.org</a></td>
</tr>
<tr>
<td>Info, talks and groups.</td>
<td></td>
</tr>
<tr>
<td>Ngala - DadsWA</td>
<td>(08) 9368 9368 1800 111 546 (country)      <a href="http://www.ngala.com.au">www.ngala.com.au</a></td>
</tr>
<tr>
<td>Early parenting and childhood services.</td>
<td></td>
</tr>
<tr>
<td>Relationships Australia - 4Dads</td>
<td>(08) 6164 0600</td>
</tr>
<tr>
<td>Mandurah and Pinjarra areas</td>
<td></td>
</tr>
<tr>
<td>Lifeline - Separated Parents</td>
<td>(08) 9261 4451       lifeline.org.au</td>
</tr>
<tr>
<td>Support to fathers &amp; children after separation or bereavement.</td>
<td></td>
</tr>
<tr>
<td>Child Health Centres (Health Direct)</td>
<td>1800 022 222      <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></td>
</tr>
<tr>
<td>310 centres across WA.</td>
<td></td>
</tr>
<tr>
<td>Parenting WA Line</td>
<td>(08) 6279 1200 1800 654 432 (country)      <a href="http://www.communities.wa.gov.au">www.communities.wa.gov.au</a></td>
</tr>
<tr>
<td>Telephone information, support and referrals.</td>
<td></td>
</tr>
<tr>
<td>FPWA Sexual Health Services</td>
<td>(08) 9227 6177       <a href="http://www.fpwa.org.au">www.fpwa.org.au</a></td>
</tr>
<tr>
<td>(formerly Family Planning Western Australia)</td>
<td></td>
</tr>
<tr>
<td>Playgroup WA</td>
<td>(08) 9228 8088 / 1800 171 882 (country) playgroupwa.com.au</td>
</tr>
<tr>
<td>Fostering children’s development through play.</td>
<td></td>
</tr>
</tbody>
</table>

Raising Children Network
Complete parenting resource for all stages from pregnancy to newborns to teens.
Contact via their website raisingchildren.net.au
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
1300 850 766
www.pathwaysfoundation.com.au

Pathways Foundation
Child to adult programs.
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.
youthfocus.com.au

(08) 6266 4333
ABORIGINAL & TORRES STRAIT ISLANDER

Relationships Australia - Moorditj Yarning
We reach out to you and listen to what you want to say.
relationshipswa.org.au

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

Centrecare - Family Enhancement Service (FES)
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
Web resources, facts and policies on indigenous health.
healthinfonet.ecu.edu.au

Yogrum Aboriginal Corporation
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
Humanservices.gov.au
Helps with costs for Aboriginal or Torres Strait Islander Australians who are studying or undertaking an Australian Apprenticeship.

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
### Literacy

**Read Write Now**  
1800 018 802  
[www.read-write-now.org](http://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.

### CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) COMMUNITY

<table>
<thead>
<tr>
<th>Service/Group</th>
<th>Contact Information</th>
<th>Website URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multicultural Service Centre of WA</td>
<td>(08) 9328 2699</td>
<td><a href="http://mscwa.com.au">mscwa.com.au</a></td>
</tr>
<tr>
<td>Australian Asian Association of WA INC</td>
<td>(08) 9328 1160</td>
<td><a href="http://www.aaawa.org.au">www.aaawa.org.au</a></td>
</tr>
<tr>
<td>Metropolitan Migrant Resource Centre</td>
<td>(08) 9345 5755</td>
<td><a href="http://www.mmrcwa.org.au">www.mmrcwa.org.au</a></td>
</tr>
<tr>
<td>Australian Red Cross</td>
<td>(08) 9225 8888 / 1800 810 710</td>
<td><a href="http://www.redcross.org.au">www.redcross.org.au</a></td>
</tr>
</tbody>
</table>
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.
(08) 9364 6909
www.connectgroups.org.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

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

Inclusion WA
Inclusive sport and recreation.
(08) 9201 8900
www.inclusionwa.org.au

My Community Connect
Contact via their website
www.mycommunityconnect.com.au

My Community Directory
www.mycommunitydirectory.com.au

WA Community Resource Network (WACRN)
(08) 6652 1800
www.crc.net.au

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

Linkwest
Find your nearest community learning centre.
(08) 9485 8929
www.linkwest.asn.au

Find your nearest community learning centre.

Inclusion WA
(08) 9201 8900
www.inclusionwa.org.au

Volunteering WA
(08) 9482 4333
www.volunteerwa.org.au

Meals on Wheels WA
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mealsonwheels.org.au

wa.gov.au - Volunteers
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Training and education programs, business facilities and information on community events.

Linkwest
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(08) 9485 8929
www.linkwest.asn.au

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www.dpaw.wa.gov.au

Inclusion WA
Inclusive sport and recreation.
(08) 9201 8900
www.inclusionwa.org.au
LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER (LGBTIQ) COMMUNITY

Living Proud  QLife Telephone Counselling Line 1800 184 527
Peer counselling phone line, 3pm - 12am, 7 days.  www.livingproud.org.au

Pride WA  (08) 9427 0836
Western Australia’s largest community group, representing the lesbian, gay, bisexual, trans and intersex community.  www.pridewa.com.au

WA AIDS Council  (08) 9482 0000
Counselling services.  www.waaid.org

WA AIDS Council - AIDSLine  (08) 9482 0044
For any HIV related questions.

WA AIDS Council - Project X  Mensline (08) 9322 8401
Sexual and mental health online information and support for gay men/men who have sex with men.  1800 671 130  www.projectx.net.au

WA AIDS Council - Safe Sex. No Regrets.  (08) 9482 0000
Online info, links and contacts related to safer sex, condom use and STI transmission, treatment and prevention.  www.safesexnoregrets.com.au

WA AIDS Council - Sex In Other Cities  (08) 9482 0000
www.sexinothercities.com.au

M Clinic  (08) 9227 0734
Free STI/HIV screening clinic for men who have sex with men.  mclinic.org.au

Freedom Centre  (08) 9228 0354
For young people (under 26).  www.freedom.org.au

Parents and Friends of Lesbian and Gays (PFLAG)  0404 594 699
Support/information to families & friends of all gay people.  www.pflagaustralia.org.au

GLBTI Retirement Association Inc. (GRAI)  (08) 9272 1051
Developing options for older GLBTI people when accessing retirement living and aged care services.  www.grai.org.au

Primetimers WA  0416 282 648
A social support group for gay and bisexual men who have achieved at least 40 years of age.  www.primetimerswa.com
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.
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
au.reachout.com

Youth Legal Services (08) 92020 1688
Free and confidential legal services to young people (under 25).
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) 9797 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 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.
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
OLDER & WISER

Crisis Care Helpline
1800 199 008
Telephone information and counselling service.
(08) 9223 1111
www.dcp.wa.gov.au

Centrecare Youth Support Service (CYSS)
(08) 9325 6444 Perth
(08) 9300 7300 Joondalup
A service for young people aged 12-18 years and their families.
www.centrecare.com.au

Police and Community Youth Centres
(08) 9277 4388
www.wapcyc.com.au

Freedom Centre
(08) 9228 0354
For young people (under 26).
www.freedom.org.au

OLDER & WISER

Aged & Community Services (ACSWA)
(08) 9244 8233
www.acswa.org.au
Provides access to a variety of aged and community care services across WA.

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
Contact via their website
www.u3aonline.org.au
Online learning and resources.

My Aged Care
1800 200 422
www.myagedcare.gov.au

Veterans and Veterans Families Counselling Service (VVCS)
1800 011 046
www.vvcs.gov.au
Free and confidential, nation-wide counselling and support for war and service-related mental health conditions.

Carers WA
1300 227 377 (1300 CARERS)
www.carerswa.asn.au
Carers WA provide information and advice to support carers.

Home and Community Care Program (HACC)
1300 785 415
www.health.wa.gov.au

Australia Men’s Shed Association - WA Men’s Sheds
1300 550 009
www.mensshed.org
www.wamsa.org.au
Find your local Men’s Shed.

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)

**Crisis Care Helpline**
Telephone information and counselling service.
- 1800 199 008
- (08) 9223 1111

**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](http://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](http://www.mensline.org.au)

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### Violence Against Me

**Sexual Assault Resource Centre**
(SACR) 24 hour emergency line.
- (08) 9340 1828
- 1800 199 888 (country)

**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](http://www.communicare.org.au)

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### Stopping My Violence

**Centrecare - Men’s Domestic Violence Helpline**
When your actions are hurting your family.
- (08) 9223 1199
- 1800 000 599 (country)

**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](http://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](http://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](http://www.communicare.org.au)
<table>
<thead>
<tr>
<th><strong>SELF HELP &amp; SUPPORT GROUPS</strong></th>
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| **ConnectGroups** | (08) 9364 6909 | www.connectgroups.org.au |
| The peak body that helps self-help support groups function and connects individuals in the community to the group that they need. |

| **The ManKind Project** | 1300 948 947 | mkpau.org |
| A network of autonomous men’s groups, communities and training centres. |

| **The MensWork Project** | (08) 9337 8434 | mensworkproject.org |
| A not-for-profit group offering a range of programs, groups and services. |

| **Men’s Resource Centre** | (08) 9841 4777 | mensresourcecentre.org.au |
| Raising awareness of men’s wellbeing and physical, emotional and psychological health issues. |

| **WA Men’s Gathering** | 0403 011 300 | www.wamensgathering.org.au |
| Men coming together in the WA community. |

| **Shematrix - The Grail** | 0417 987 932 | shematrix.com |
| Rites of Initiation for men. |

| **Rites Together** | 0408 605 842 | www.ritestothergther.org.au |
| Rites of passage camps for 14-16 year olds. |

| **Beyond the Threshold** | 0408 098 617 | beyondthethreshold.net |
| Nature based rites of passage programs for age 18+ adults. |

| **MoMENtum** | (08) 9293 2363 | epj@iinet.net.au |
| Inquiry into the future of masculinity. |

| **Men’s Business** | Contact via their website | www.mensbusiness.net |
| For boys and men to thrive. |

| **Wes Carter** | (08) 9337 8434 | mensworkproject.org |
| Recipient of a 2015 AO for work in men’s health and wellbeing. Provides personal support and development for men. |

| **Darrell Brown** | 0418 954 858 | www.darrellbrown.com.au |
| Fatherhood Author and Public Speaker. Provides men’s health and wellbeing presentations across the WA community. Available for Presentation on “Manning Down” |
PEOPLE WITH DISABILITIES

Disability Services Commission (08) 9426 9200
Provide information, supports and services to people with disability, their families and carers.

People with Disabilities WA (PWdWA) (08) 9485 8900
Provide advocacy services to any person with a disability.

Family Support WA (08) 9405 1885
Provide information, supports and services to people with disability, their families and carers.

Ability Centre (08) 9443 0211
Supporting people with disability and their families through a range of services.

National Relay Service
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 (08) 9227 6177
Formerly Family Planning Western Australia.

People 1st Programme (08) 9227 6414

Sexuality Education Counselling and Consultancy Agency (secca) (08) 9420 7226

Advocacy South West (08) 9721 6444
For anyone with a disability or mental illness who lives in the southwest region of WA.

Ethnic Disability Advocacy Centre (EDAC) (08) 9388 7455
www.edac.org.au
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.
<table>
<thead>
<tr>
<th><strong>A Healthy and Active Australia</strong></th>
<th>Contact via their website</th>
<th><strong><a href="http://www.healthyactive.gov.au">www.healthyactive.gov.au</a></strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide a range of information and initiatives on healthy eating and regular physical exercise.</td>
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<tr>
<th><strong>Better Health Program</strong></th>
<th>1300 822 953</th>
<th><strong><a href="http://www.betterhealthprogram.org">www.betterhealthprogram.org</a></strong></th>
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<tbody>
<tr>
<td>Free healthy living program for kids above a healthy weight.</td>
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<tr>
<th><strong>LiveLighter</strong></th>
<th>Contact via their website</th>
<th><strong>livelighter.com.au</strong></th>
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<tbody>
<tr>
<td>Provide tips, tools and resources, and recipes.</td>
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<tr>
<th><strong>Food Sensations for Adults</strong></th>
<th>(08) 9463 3215</th>
<th><strong><a href="http://www.foodbankwa.org.au/food-sensations-for-adults/">www.foodbankwa.org.au/food-sensations-for-adults/</a></strong></th>
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<tbody>
<tr>
<td>A nutrition and cooking program.</td>
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<tr>
<td>Practical information on children’s health.</td>
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<tr>
<th><strong>Healthy Weight Guide</strong></th>
<th>Contact via their website</th>
<th><strong>healthyweight.health.gov.au</strong></th>
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<tr>
<td>Helps you achieve and maintain a healthy weight.</td>
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<tr>
<th><strong>Diabetes WA - My Healthy Balance</strong></th>
<th>Contact via their website</th>
<th><strong>myhealthybalance.com.au</strong></th>
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<tr>
<td>Free, evidence-based online health lifestyle program.</td>
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<tr>
<th><strong>Diabetes WA - SHED-IT</strong></th>
<th>Contact via their website</th>
<th><strong><a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a></strong></th>
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<tr>
<th><strong>Prostate Cancer Foundation of Australia - Know Your Score</strong></th>
<th>Contact via their website</th>
<th><strong><a href="http://www.knowyourscore.org.au">www.knowyourscore.org.au</a></strong></th>
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<tr>
<th><strong>Nutrition Australia</strong></th>
<th>(08) 6201 0469</th>
<th><strong><a href="http://www.nutritionaustralia.org/wa">www.nutritionaustralia.org/wa</a></strong></th>
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<tr>
<td>Education around food planning, purchasing and preparation.</td>
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<tr>
<th><strong>Department of Sport and Recreation</strong></th>
<th>(08) 9492 9700</th>
<th><strong><a href="http://www.dsr.wa.gov.au">www.dsr.wa.gov.au</a></strong></th>
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<tr>
<th><strong>Police and Community Youth Centres</strong></th>
<th>(08) 9277 4388</th>
<th><strong><a href="http://www.wapcyc.com.au">www.wapcyc.com.au</a></strong></th>
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<th><strong>Clubs Online</strong></th>
<th>(08) 9492 9700</th>
<th><strong><a href="http://www.dsr.wa.gov.au/clubs">www.dsr.wa.gov.au/clubs</a></strong></th>
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<tr>
<th><strong>Heart Foundation - Walking</strong></th>
<th>Contact via their website</th>
<th><strong>walking.heartfoundation.org.au</strong></th>
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<tbody>
<tr>
<td>Find a walking group near you.</td>
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<tr>
<th><strong>Fitness Australia</strong></th>
<th>1300 211 311</th>
<th><strong>fitness.org.au</strong></th>
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<td>Find a registered exercise professional.</td>
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<tr>
<th><strong>WA Local Government Association (WALGA)</strong></th>
<th>(08) 9213 2000</th>
<th><strong>walga.asn.au</strong></th>
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<tr>
<th><strong>Department of Transport - Active Transport</strong></th>
<th>Contact via their website</th>
<th><strong><a href="http://www.transport.wa.gov.au/activetransport/active-transport.asp">www.transport.wa.gov.au/activetransport/active-transport.asp</a></strong></th>
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<tr>
<td>Find out about upcoming events. <strong><a href="http://www.triathlon.org.au/State_Associations/WA/Home.htm">www.triathlon.org.au/State_Associations/WA/Home.htm</a></strong></td>
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<tr>
<th><strong>Federation of WA Bushwalkers</strong></th>
<th>(08) 9384 5505</th>
<th><strong><a href="http://www.bushwalkingwa.org.au">www.bushwalkingwa.org.au</a></strong></th>
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<tr>
<th><strong>CycleSport WA</strong></th>
<th>(08) 6336 9680</th>
<th><strong>wa.cycling.org.au</strong></th>
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<tr>
<th><strong>Triathlon WA</strong></th>
<th>Contact via their website</th>
<th><strong><a href="http://www.triathlon.org.au/State_Associations/WA/Home.htm">www.triathlon.org.au/State_Associations/WA/Home.htm</a></strong></th>
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<th><strong>Get on Track Challenge</strong></th>
<th>Contact via their website</th>
<th><strong>getontrackchallenge.com.au</strong></th>
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<tr>
<td>A free online, team-based challenge.</td>
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<tr>
<th><strong>Seniors Recreation Council of WA</strong></th>
<th>(08) 9492 9733</th>
<th><strong><a href="http://www.srcwa.asn.au">www.srcwa.asn.au</a></strong></th>
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<tr>
<th><strong>Act Commit Belong</strong></th>
<th>(08) 9226 1541</th>
<th><strong><a href="http://www.actbelongcommit.org.au">www.actbelongcommit.org.au</a></strong></th>
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| **LIVING A HEALTHIER LIFESTYLE** | | 31 |
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 ☐
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 its 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.

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