We care about men’s health

Prostate Cancer Foundation of Australia (PCFA) is the peak national body for prostate cancer in Australia. We are dedicated to reducing the impact of prostate cancer on Australian men, their partners, families and the wider community by:

• Promoting and funding world leading, innovative research into prostate cancer

• Implementing awareness campaigns and education programs for the Australian community, health professionals and Government

• Supporting men and their families affected by prostate cancer, through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses

www.pcfa.org.au Freecall 1800 22 00 99
About the blokes’ book

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.

We would like to acknowledge and thank Jonathon Bedloe and the Tasmanian Department of Health and Human Services and others responsible for the Tasmania edition of the Blokes’ Book on which this version is modelled. They in turn acknowledge Chris Hewgill and the Blokes Project of Nambucca Heads for their permission to reproduce the original concept and stories of the Blokes’ Book; support from The Family Centre Northern Rivers and John Roberts from the Men Accessing Resources and Services (MARS) project in conjunction with The Benevolent Society.

The Western Australian edition of the Blokes’ Book is brought to you by the Men’s Advisory Network and supported by the Department of Health.

The Men’s Advisory Network is an incorporated not-for-profit association serving as the peak body for men’s and boys’ health and wellbeing organisations 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 Men’s Advisory Network on 08 9218 8044 or

admin@man.org.au

An online version of this booklet 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.
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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.

<table>
<thead>
<tr>
<th>Service</th>
<th>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>24 hour crisis line</td>
<td></td>
<td></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>24 hour counselling info and referral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>relationship</td>
<td></td>
<td></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>Healthdirect</td>
<td>1800 022 222</td>
<td><a href="http://www.beyondblue.org">www.beyondblue.org</a></td>
</tr>
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<td></td>
<td></td>
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<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>24 hour health advice</td>
<td></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>Telephone counselling for young people</td>
<td></td>
<td></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>
</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

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>Rockingham</td>
<td><a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a></td>
</tr>
<tr>
<td>Spearwood</td>
<td><a href="http://www.anglicarewa.org.au">www.anglicarewa.org.au</a></td>
</tr>
<tr>
<td>St Patrick’s Community Support Centre</td>
<td>9430 4159</td>
</tr>
<tr>
<td>Fremantle</td>
<td><a href="http://www.stpats.com.au">www.stpats.com.au</a></td>
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</tbody>
</table>

Help with Housing

<table>
<thead>
<tr>
<th>Department of Housing</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Links to resources</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>

After Hours Emergency Accommodation 1800 800 800
<table>
<thead>
<tr>
<th><strong>Access Housing</strong></th>
<th>9430 0900</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable housing</td>
<td><a href="http://www.accesshousing.org.au">www.accesshousing.org.au</a></td>
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<table>
<thead>
<tr>
<th><strong>Centrecare</strong></th>
<th>9498 9200</th>
</tr>
</thead>
<tbody>
<tr>
<td>Re-integrating into the community after prison</td>
<td><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The Community Housing Coalition of WA</strong></th>
<th>9221 7933</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supports community housing providers</td>
<td><a href="http://www.communityhousing.com.au">www.communityhousing.com.au</a></td>
</tr>
</tbody>
</table>

**Aboriginal**

<table>
<thead>
<tr>
<th><strong>Aboriginal Housing Services</strong></th>
<th>9485 3939</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.ruah.com.au">www.ruah.com.au</a></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Centrecare Family Accommodation Service</strong></th>
<th>9325 6644</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assists Aboriginal and Torres Strait Islander families seeking long term accommodation</td>
<td><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></td>
</tr>
</tbody>
</table>

**Ambulance**

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

**Mental Health Response Line**

| 1300 555 788 |
| 24 hour | www.centrecare.com.au |

**Crisis Care**

<table>
<thead>
<tr>
<th>1800 199 00 or 9233 1111</th>
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</table>

**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 |
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](http://www.anglicarewa.org.au)

- **Financial Counsellors Resource Project**
  9221 9411
  [www.fcrp.org.au](http://www.fcrp.org.au)

- **Financial Counselling Hotline**
  1800 007 007

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

- **Red Cross Financial Counselling Service**
  Medina 9419 4039
  Morley 9279 4500

- **Relationships Australia**
  Statewide financial counselling 1300 364 277

- **Gambling Helpline (statewide)**
  1800 858 858

## 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](http://www.walga.asn.au)

## 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**
  1800 198 313

- **Salvation Army**

- **Society of St.Vincent De Paul**
  Belmont
  9475 5400
  [www.vinnies.org.au](http://www.vinnies.org.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

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](http://www.communitylaw.net)

**Family Court of Western Australia**
9224 8222
Country Areas Free Call 1800 199 228

**Legal Aid Services**
1300 650 579
Information, legal advice, minor assistance and legal representation

**Ombudsman Western Australia**
1800 117 000
Investigates complaints about Western Australian public authorities
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.

Linkwest  9228 9000
Find your nearest community learning centre  www.linkwest.asn.au

In My Community
Browse groups, clubs, support groups etc.  www.inmycommunity.com.au

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.communityresourcenetwork.com.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.mensshed.org
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.
**Standard drinks measures**

<table>
<thead>
<tr>
<th>Alcohol consumption guidelines</th>
<th>Drinking more than two standard drinks on any day increases your risk of harm from alcohol-related disease or injury over a lifetime.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia Substance Users Association</td>
<td>9321 2877</td>
</tr>
<tr>
<td>Harm reduction information relating to illicit drugs</td>
<td></td>
</tr>
<tr>
<td>HIV and Hepatitis C</td>
<td><a href="http://www.wasua.com.au">www.wasua.com.au</a></td>
</tr>
<tr>
<td>Palmerston Association Inc.</td>
<td>9842 8008</td>
</tr>
<tr>
<td>Counselling therapies and education</td>
<td><a href="http://www.palmerston.org.au">www.palmerston.org.au</a></td>
</tr>
<tr>
<td>WA Aids Council</td>
<td>9482 0000</td>
</tr>
<tr>
<td>Needle and Syringe Exchange Program</td>
<td><a href="http://www.waaids.com">www.waaids.com</a></td>
</tr>
</tbody>
</table>

### Gambling

| Gambling Help WA | 9325 6644 |
| face to face counselling | www.centrecare.com.au |
| Problem Gambling Assistance | 1300 364 277 |
| face to face counselling | www.relationships.org.au |
| Gambling Helpline | 1800 858 858 |

**Sparkling Wine**
- (15% alc/vol) 100ml | (16% alc/vol) 100ml
**Wine**
- (2.7% alc/vol) 425ml | (4.9% alc/vol) 285ml
**Light Beer**
- (20% alc/vol) 60ml | (40% alc/vol) 30ml
**Regular Beer**
**Fortified Wine**
**Spirits**

### 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.

**Fresh Start**
- 13 11 20
Cancer Council Western Australia
- www.cancerwa.asn.au

### Smoking

| Quitline | 13 7848 (13 QUIT ) |
| The National Tobacco Campaign | www.quitnow.gov.au |

### Gambling

| Gambling Help WA | 9325 6644 |
| Face to face counselling | www.centrecare.com.au |
| Problem Gambling Assistance | 1300 364 277 |
| Face to face counselling | www.relationships.org.au |
| Gambling Helpline | 1800 858 858 |
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro</td>
<td>1300 555 788</td>
</tr>
<tr>
<td>Peel</td>
<td>1800 676 822</td>
</tr>
<tr>
<td>Rurallink</td>
<td>1800 552 002</td>
</tr>
</tbody>
</table>

*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
Beyond Blue 1300 224 636
Regional Men’s Health Initiative 9690 2277
Promotes well being capacity and mental health

Healthdirect Australia 1800 022 222
Health advice 24 hours a day www.health.wa.gov.au

SANE Helpline 1800 688 382
Mental illness information and referral centre www.sane.org

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 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

WA Association for Services to Torture and Trauma Survivors 9227 2700
www.asetts.org.au

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
Things were pretty bad
“when we went to get help they helped us with the practical hassles and the communication – that was the problem.”
Grant, 32

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..

Family Relationship Advice Line
1800 050 321

Relationships Australia
1300 364 277
Statewide. Also see Family Relationship Centres in Perth and Bunbury
www.wa.relationships.com.au

MensLine Australia
1300 789 978
24 hour telephone and online support info and referral service
www.mensline.org.au

Anglicare Relationship Services (KinWay)
9263 2050
Family and domestic violence, couple and individual counselling, parent and adolescent counselling
www.anglicarewa.org.au

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

Centrecare Services for Men
9325 6644
Services for men to enhance relationships with partners, children, mates and co-workers
www.centrecare.com.au

Hey Dad-WA
9368 9368
Support for fathers in the early lives of their children
www.ngala.com.au

Families Without Fear
9325 4391
For people to improve interaction with partners and families where there has been violence or abuse
www.communicare.org.au
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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dads in the Early Years</td>
<td>9309 2377</td>
<td><a href="http://www.meerilinga.org.au">www.meerilinga.org.au</a></td>
</tr>
<tr>
<td>Info service directory, activities, playgroups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dads@Lifeline</td>
<td>9261 4451</td>
<td><a href="http://www.lifelinewa.org.au">www.lifelinewa.org.au</a></td>
</tr>
<tr>
<td>Support to fathers and children after separation or bereavement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child Health Centres</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Call healthdirect Australia at</td>
<td>1800 022 222</td>
<td>310 centres across WA children’s health and development</td>
</tr>
<tr>
<td>310 centres across WA children’s health and development</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Fathering Project - University of WA</td>
<td>9346 2005</td>
<td><a href="http://www.thefatheringproject.org">www.thefatheringproject.org</a></td>
</tr>
<tr>
<td>Info, talks, groups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parenting WA Line</td>
<td>6279 1200 or 1800 654 432</td>
<td><a href="http://www.communities.wa.gov.au">www.communities.wa.gov.au</a></td>
</tr>
<tr>
<td>Ngala (Hey Dad)</td>
<td>9368 9379</td>
<td><a href="http://www.ngala.com.au">www.ngala.com.au</a></td>
</tr>
<tr>
<td>Helpline</td>
<td>1800 111 546</td>
<td></td>
</tr>
<tr>
<td>Info and workshops for dads</td>
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</table>

continued next page
Fathering continued

Dad’s Appreciating Disabilities  www.dadaustralia.org.au
National Support for fathers of children with disabilities

Family Planning Western Australia  9227 6177
www.fpwa.org.au

Playgroup WA  9228 8088 or 1800 171 882
Fostering children’s development through play
www.playgroupaustralia.com.au/wa

Raising Children Network (National)  13 20 55
www.raisingchildren.net.au

Dads in Distress  1300 853 437
www.dadsindistress.asn.au

Child Support Agency (national)  13 12 72

The Men’s Advisory Network is the peak body of men’s and boy’s health and wellbeing organisations in WA. The website contains many useful links to assist men to access fathering and mentoring resources.

9218 8044
www.man.org.au

Mentoring

YMCA Big Brothers Big Sisters  9227 0479
ymcaperth.org.au

Pathways Foundation  1300 850 766
www.pathwaysfoundation.com.au
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><strong>Chronic Disease Prevention and Management</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart Foundation</strong> 1300 362 787</td>
</tr>
<tr>
<td>Information on heart health activity programs and healthy nutrition</td>
</tr>
<tr>
<td>Cardiovascular Risk Calculator</td>
</tr>
<tr>
<td><strong>National Stroke Foundation</strong> 1800 787 653</td>
</tr>
<tr>
<td>Specialises in stroke health services</td>
</tr>
<tr>
<td><strong>Diabetes WA</strong> 1300 136 588</td>
</tr>
<tr>
<td>Provides diabetes-related products, support and education services</td>
</tr>
<tr>
<td><strong>Arthritis and Osteoporosis Foundation WA</strong> 9388 2199</td>
</tr>
<tr>
<td><a href="http://www.arthritiswa.org.au">www.arthritiswa.org.au</a></td>
</tr>
<tr>
<td><strong>Asthma Foundation WA</strong> 1800 645 130</td>
</tr>
<tr>
<td><a href="http://www.asthmawa.org.au">www.asthmawa.org.au</a></td>
</tr>
<tr>
<td><strong>Cancer Council Western Australia</strong> 9212 4333</td>
</tr>
<tr>
<td>Cancers that affect men</td>
</tr>
<tr>
<td>Skin Cancer</td>
</tr>
<tr>
<td><strong>Bowel Cancer</strong></td>
</tr>
</tbody>
</table>

**Prostate Cancer Foundation of Australia** 9381 7444 or 1800 220 099
Treatment support and prevention | www.prostate.org.au

**Continence Advisory Service of WA** 9386 9777
www.continencewa.org.au

**Andrology Australia** 1300 303 878
Men’s reproductive health | www.andrologyaustralia.org.au

**Impotence Australia** 1800 800 614
www.impotenceaustralia.com.au

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

**HealthInsite**
Up-to-date and reliable health information | www.healthinsite.gov.au

**M5 Project Men’s Preventative Health**
Proactive and preventative men’s health initiative | www.m5project.com.au

**Foundation 49** 9508 5363
Seeks to improve the health status of men’s major diseases | www.49.com.au

**Measure Up**
Offers healthy living and weight management strategies | www.measureup.gov.au

**Better Health - Victoria**
Info on health conditions, healthy living and support on relationships and family | www.betterhealth.vic.gov.au
Living a healthier lifestyle

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**  

**Police Citizens Youth Clubs (PCYC)**  
9356 0555  
*Recreational and educational activities and programs for young people all over metro Perth and regional WA*  

**Join a Club**  
9492 9700  
*Connect with one of 2800 clubs listed in WA*  

**Cancer Council Western Australia Helpline**  
13 11 20  
*Physical activity and cancer risk*  
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

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 www.health.gov.au/internet/healthyactive/publishing.nsf/Content/healthyweight

My Healthy Balance Diabetes WA myhealthybalance.com.au
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Council on the Ageing WA</td>
<td>9321 2133</td>
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<tr>
<td></td>
<td><a href="http://www.cotawa.org.au">www.cotawa.org.au</a></td>
</tr>
<tr>
<td>Veterans</td>
<td>1800 011 046</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.dva.gov.au">www.dva.gov.au</a></td>
</tr>
<tr>
<td>Aged &amp; Community Services</td>
<td>9244 8233</td>
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<tr>
<td></td>
<td><a href="http://www.acswa.org.au">www.acswa.org.au</a></td>
</tr>
<tr>
<td>University of the Third Age U3A</td>
<td>6488 1857</td>
</tr>
<tr>
<td><em>Low cost educational opportunities</em></td>
<td><a href="http://www.u3auwa.org">www.u3auwa.org</a></td>
</tr>
<tr>
<td>The Eldership project</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>
</tr>
<tr>
<td><em>Assistance with independent living</em></td>
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</tr>
<tr>
<td>Carers WA</td>
<td>1800 242 636</td>
</tr>
<tr>
<td><em>Support for carers</em></td>
<td></td>
</tr>
<tr>
<td>WA Men’s Sheds</td>
<td>1300 550 009</td>
</tr>
<tr>
<td>*Safe, friendly and welcoming. Work on</td>
<td></td>
</tr>
<tr>
<td>meaningful projects and contribute to</td>
<td></td>
</tr>
<tr>
<td>the community</td>
<td><a href="http://www.mensshed.org">www.mensshed.org</a></td>
</tr>
<tr>
<td>Have A Go News</td>
<td>9227 8283</td>
</tr>
<tr>
<td></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>
</tr>
<tr>
<td><em>Active recreation for over 50’s</em></td>
<td><a href="http://www.srcwa.asn.au">www.srcwa.asn.au</a></td>
</tr>
<tr>
<td>seniors.gov.au</td>
<td>1800 500 853</td>
</tr>
<tr>
<td><em>Online resources for over 50’s</em></td>
<td><a href="http://www.seniors.gov.au">www.seniors.gov.au</a></td>
</tr>
</tbody>
</table>
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.


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 9325 4391
Head Office: 9399 7977
Armadale Office: 9251 5777
Cannington Office: 9527 9678
Rockingham Office: www.communicare.org.au

Domestic violence support services
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*


**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](http://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](http://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*

**Breathing Space** 9439 5707
[www.communicare.org.au](http://www.communicare.org.au)

**Centrecare Men’s Helpline** 1800 000 599 or 9223 1199
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

Office of Multicultural Interests 6552 1500
Supports organisations delivering services to CaLD communities

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

Multicultural Service Centre 9328 2699
Connecting communities. Broad range of support in career guidance.

Metropolitan Migrant Resource Centre 9345 5755

Telephone Interpreter Service 13 14 50

Red Cross 1800 810 710

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
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.waids.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
Metro 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>Contact</th>
<th>Website</th>
</tr>
</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>
</tr>
<tr>
<td><strong>Youth Focus</strong></td>
<td>6266 4333</td>
<td><a href="http://www.youthfocus.com.au">www.youthfocus.com.au</a></td>
</tr>
<tr>
<td>A free service for people aged 12-25 suffering from thoughts of suicide, depression and self harm</td>
<td></td>
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</tr>
<tr>
<td><strong>Headspace</strong></td>
<td><a href="http://www.headspace.org.au">www.headspace.org.au</a></td>
<td></td>
</tr>
<tr>
<td>National Youth Mental Health Foundation 12 to 25 years</td>
<td></td>
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</tr>
<tr>
<td>Great Southern (Albany)</td>
<td>9842 9871</td>
<td><a href="mailto:info@headspacegs.com.au">info@headspacegs.com.au</a></td>
</tr>
<tr>
<td>Perth</td>
<td>9208 9555</td>
<td><a href="mailto:info@headspaceperth.com.au">info@headspaceperth.com.au</a></td>
</tr>
<tr>
<td>Fremantle</td>
<td>933 56333</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><a href="mailto:headspace@kamsc.org.au">headspace@kamsc.org.au</a></td>
</tr>
<tr>
<td>eHeadspace</td>
<td>1800 650 890</td>
<td><a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a></td>
</tr>
<tr>
<td>Email and online chat with counsellors</td>
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<tr>
<td><strong>Youth Beyond Blue</strong></td>
<td>1300 224 636</td>
<td><a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a></td>
</tr>
<tr>
<td>Info on depression, Mental Health practitioner list</td>
<td></td>
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<tr>
<td><strong>Centre for Multicultural Youth</strong></td>
<td></td>
<td><a href="http://www.cmy.net.au">www.cmy.net.au</a></td>
</tr>
<tr>
<td>Has information and advocates for the needs of young people from migrant and refugee backgrounds</td>
<td></td>
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<tr>
<td><strong>Reach Out</strong></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><strong>Youth Legal Services</strong></td>
<td>9202 1688 or 1800 199 006</td>
<td><a href="http://www.youthlegalserviceinc.com.au">www.youthlegalserviceinc.com.au</a></td>
</tr>
<tr>
<td><strong>Quarry Health Centre</strong></td>
<td>9430 4544</td>
<td><a href="http://www.fpwa.org.au/our-servicesquarry">www.fpwa.org.au/our-servicesquarry</a></td>
</tr>
<tr>
<td>Under 25s clinical counselling and education services for sexual health</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mission Australia</strong></td>
<td>9225 0400</td>
<td><a href="http://www.fpwa.org.au/our-servicesquarry">www.fpwa.org.au/our-servicesquarry</a></td>
</tr>
<tr>
<td>Families, youth homelessness, employment</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drug and Alcohol Youth Service</strong></td>
<td>1300 651 329</td>
<td><a href="http://www.missionaustralia.com.au">www.missionaustralia.com.au</a></td>
</tr>
<tr>
<td>Young People</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Commissioner for Children and Young People</strong></td>
<td>9225 0400</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></td>
<td></td>
</tr>
<tr>
<td><strong>Bullying No Way</strong></td>
<td></td>
<td><a href="http://www.bullyingnoway.com.au">www.bullyingnoway.com.au</a></td>
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</table>
People with disabilities

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

**Books**

Tuesdays with Morrie
Mitch Albom
Why Warriors Lie Down and Die
Richard Trudgen
Manhood, Stories of Manhood, The Secret of Raising Children, Raising Boys
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
The blokes’ book

Men’s health check questionnaire

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>
<td></td>
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<tr>
<td>Diabetes</td>
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<td></td>
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<td>Stroke</td>
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<tr>
<td>Alcohol related conditions</td>
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<tr>
<td>Mental illness</td>
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<td>Bowel cancer</td>
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<td></td>
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<tr>
<td>Prostate cancer</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Other types of cancer</td>
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<td></td>
</tr>
</tbody>
</table>

If yes, please list type and family relationship (eg. father, sister)
## Heart Health

Have you had your blood pressure checked in the past 12 months?  
- [ ] Yes  
- [ ] No  
- [ ] Unsure

## Mental Health

Over the past 2 weeks, have you felt down, depressed or hopeless?  
- [ ] Yes  
- [ ] No

Over the past 2 weeks, have you felt little interest or pleasure in doing things?  
- [ ] Yes  
- [ ] No

## Immunisation

In the past 10 years, have you had a tetanus vaccine?  
- [ ] Yes  
- [ ] No  
- [ ] Unsure

## Medications

Do you regularly use any over-the-counter drugs (eg. nonprescription drugs)?  
- [ ] Yes  
- [ ] No

Do you regularly use any herbal or other natural medicines?  
- [ ] Yes  
- [ ] No

Do you use any recreational drugs (eg. marijuana, speed, ice, ecstasy)?  
- [ ] Yes  
- [ ] No

## Cancer

When outside, do you wear sunscreen?  
- [ ] Always  
- [ ] Sometimes  
- [ ] Never

When outside, do you wear protective sun clothing (eg. hat, long sleeve top)?  
- [ ] Always  
- [ ] Sometimes  
- [ ] Never

If you are over 40, have you consulted your doctor about prostate cancer?  
- [ ] Yes  
- [ ] No
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)?

☐ Yes  ☐ No

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

☐ None  ☐ 1-2  ☐ 3-4  ☐ 5-6  ☐ 7 or more

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 1½ 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?  

☐ Yes  ☐ No

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

☐ Yes  ☐ No

Do you smoke?  

☐ Yes  ☐ No

If yes, are you interested in quitting smoking?  

☐ Yes  ☐ No  ☐ Unsure

For those aged 45 years and older

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

☐ Yes  ☐ No  ☐ Unsure
For those aged 50 years and older

In the past 3 years, have you had a fasting blood sugar level taken to test for diabetes? □ Yes □ No □ Unsure

In the past 2 years, have you used a special kit (bowel cancer testing kit) to test your stool (poo) for blood? □ Yes □ No □ Unsure

In the past 5 years, have you had a urine test for protein levels? □ Yes □ No □ Unsure

Have you discussed prostate cancer testing with your doctor? □ Yes □ No □ Unsure

For those aged 65 years and over

In the past 12 months have you had a flu vaccine? □ Yes □ No □ Unsure

When was the last time you were immunised against pneumococcal pneumonia? □ Unsure

Have you had a fall in the past year? □ Yes □ No

Have you had your vision checked in the past year? □ Yes □ No

Have you had your hearing checked in the past year? □ Yes □ No

Have you consulted your doctor about bowel cancer screening? □ Yes □ No

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.

Thanks to the Royal Australian College of General Practitioners for this information.
For more information on men’s preventive health visit: www.m5project.com.au
Websites for issues relevant to men

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.

<table>
<thead>
<tr>
<th>Website</th>
<th>Website URL</th>
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<tbody>
<tr>
<td>Andrology Australia</td>
<td><a href="http://www.andrologyaustralia.org">www.andrologyaustralia.org</a></td>
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<tr>
<td>Australian Mens Sheds Association</td>
<td><a href="http://www.mensshed.org">www.mensshed.org</a></td>
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<tr>
<td>Beyond Blue</td>
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<td>Bowel Cancer Australia</td>
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<tr>
<td>Department of Veterans' Affairs - The Right Mix</td>
<td><a href="http://www.therightmix.gov.au">www.therightmix.gov.au</a></td>
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<tr>
<td>Diabetes WA</td>
<td><a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a></td>
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<td>Foundation 49</td>
<td><a href="http://www.49.com.au">www.49.com.au</a></td>
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<tr>
<td>Headspace</td>
<td><a href="http://www.headspace.org">www.headspace.org</a></td>
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<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>
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<tr>
<td>MensLine Australia</td>
<td><a href="http://www.mensline.org.au">www.mensline.org.au</a></td>
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<tr>
<td>Prostate Cancer Foundation Australia</td>
<td><a href="http://www.prostate.org.au">www.prostate.org.au</a></td>
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<tr>
<td>Quitline</td>
<td><a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a></td>
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<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>
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<tr>
<td>Men’s Advisory Network (W.A.)</td>
<td><a href="http://www.man.org.au">www.man.org.au</a></td>
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<tr>
<td>Men’s Health Australia</td>
<td><a href="http://www.menshealthaustralia.net">www.menshealthaustralia.net</a></td>
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</tbody>
</table>
Please send your recommendations for the next update to:

admin@man.org.au

Check the website for updated information.

www.man.org.au

Request hard copies of The Blokes' Book

orders@man.org.au

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