

ONLINE RESOURCES

MEN'S HEALTH

Sometimes the hardest part of getting help is knowing where to go. Click on the logo or heading to check out some of the below resources to find your best fit in getting some support.



The Movember Foundation is a charity organisation raising awareness for mens mental health and suicide prevention, testicular cancer and prostate cancer.



Many men don't talk about their feelings and emotions, and don't look after their health and wellbeing. **The Australian Mens Shed Association** has created communities of men from all different ages and backgrounds to support the health and wellbeing of men.



MensLine Australia is a free 24/7 telephone service for counselling and support for men in regards to mental health, anger management, family violence, becoming a parent, relationships and general health.



SANE Australia is for people with complex, and persistent mental health issues and trauma, and for their families and communities. They also specialise in supporting those who are autistic or those with an intellectual disability.



Someone.health is a network bulk billing online psychologists. This makes it an affordable and accessible resource for most Australians. Waitlists are short, with most people scheduling an appointment within the next few days.



Healthy Male provides easy access to scientific and medical research for mens health, particularly in reproductive and sexual health. Funded by the Australian Government, they aim to be accessible for anyone, regardless of age, religion, gender or sexual orientation.



Beyond Blue has a specific segment dedicated to mens mental health. Here, you can find information on signs and symptoms of poor mental health, how to look out for mates, positive actions in supporting your mental health and advice for new parents.