HEALTHY REPRODUCTIVE BEHAVIOURS
Get information on reproductive health issues from reputable organisations, such as:

+ Andrology Australia: www.andrologyaustralia.org
  1300 303 878
+ Prostate Cancer Foundation of Australia:
  www.prostate.org.au 1800 220 099
+ Cancer Council of Australia: www.cancer.org.au
  Helpline 13 11 20
+ beyondblue (information on depression and anxiety):
  www.beyondblue.org.au
  Info line 1300 22 4636
+ Impotence Australia: www.impotenceaustralia.com.au
  1800 800 614
+ Continence Foundation of Australia (for help with bladder or bowel incontinence): www.continence.org.au
  1800 33 00 66

HEALTHY LIMITS
Alcohol and drug use

+ Get information about safe alcohol use and its short and long-term impacts: http://au.reachout.com
+ Get information about drugs and drug use:
  www.drugs.health.gov.au
+ Download a copy of What You Need to Know: A Guide to Hepatitis C (Hepatitis C Council of NSW)
+ Never share needles, syringes or other drug equipment

SAFE SEX

+ Get information about sexually transmissible infections (STIs):
  www.sti.health.gov.au or www.shfpa.org.au
+ Always wear a condom for any sexual contact with casual partners
+ See your doctor, family planning clinic or sexual health clinic about STI testing if you have had unsafe sex or have symptoms such as pain, discharge or itching in your genital area

Note:

Find your closest (sometimes free) sexual health clinic at:


WA: www.public.health.wa.gov.au/2/421/2/where_can_i_go_for_help.pm

SAFE DRIVING
Get youth-friendly driving information: www.ryda.org.au

Note:

This document provides links to external websites and contact information for various organisations. The external websites and contact information listed are provided as a guide only and should not be considered an exhaustive list. All contact details were correct at the time of publication, but may be subject to change. The Commonwealth of Australia does not control and accepts no liability for the content of the external websites or contact information or for any loss arising from use or reliance on the external websites or contact information. The Commonwealth of Australia does not endorse the content of any external website and does not warrant that the content of any external website is accurate, authentic or complete. Your use of any external website is governed by the terms of that website.
NATIONAL MALE HEALTH POLICY

The National Male Health Policy [the Policy] is a strengths-based, contemporary policy for Australian males of all ages that builds on the valuable and varied roles they play in our society. It provides a framework for future policy development and provides practical suggestions for action that have a proven track record in making a difference to the health of Australian males. Six priority areas have been developed. These are to promote:

Priority 1: Optimal health outcomes for males.
Priority 2: Health equity between population groups of males.
Priority 3: Improved health for males at different life stages.
Priority 4: A focus on preventative health for males, particularly regarding chronic disease and injury.
Priority 5: Building a strong evidence base on male health and using it to inform policies, programs and initiatives.
Priority 6: Improved access to health care for males through initiatives and tailored healthcare services, particularly for male population groups at risk of poor health.

A downloadable copy of the Policy can be found on the Australian Department of Health and Ageing website at: www.health.gov.au/malehealthpolicy

If you wish to obtain a hard copy of the Policy, please contact National Mailing and Marketing on telephone number 02 6269 1000 or via email at: nmm@nationalmailing.com.au

ACTION MALES CAN TAKE NOW

Maintaining your own health is important, but it is not always easy to know how to do this or where to go for support.

HEALTHY MINDS

Talk to family, friends, a doctor or mental health professional if you feel stressed or have mental health problems. It is a sign of strength to take action to fix a problem. Call a confidential helpline, or get information on mental health problems and how to build your coping skills and resilience, and where to get help:

+ Mensline: 1300 78 99 78
+ Lifeline: 13 11 14
+ Kids Helpline: 1800 55 1800
+ beyondblue: www.beyondblue.org.au
  Info line 1300 22 4636
+ youthbeyondblue: www.youthbeyondblue.com
+ Black Dog Institute: www.blackdoginstitute.org.au
+ Reach Out (for young people): http://au.reachout.com
+ SANE Helpline: www.sane.org or 1800 18 SANE
+ MoodGYM: http://moodgym.anu.edu.au
+ Veterans and Veterans Families Counselling Service: 1800 011 046
+ Mental Health in Australia (Australian Government): www.mentalhealth.gov.au
+ HealthInsite www.healthinsite.gov.au

HEALTHY ROUTINES

Get information on preventable diseases, risk factors and simple steps to start and to keep a healthy routine:

+ HealthInsite: www.healthinsite.gov.au
+ M5 Project: Men’s Preventive Health: www.m5project.com.au
+ Foundation 49: www.49.com.au
+ Freemasons Foundation for Men’s Health: www.adelaide.edu.au/menshealth
+ Cancer Council of Australia: www.cancer.org.au
  Helpline 13 11 20
+ Diabetes Australia: www.diabetesaustralia.com.au
  Information 1300 136 588
+ Heart Foundation: www.heartfoundation.org.au
  1300 36 27 87
+ Recognise the warning signs of heart attack: www.heartattackfacts.org.au/home.aspx
+ Measure Up: www.measureup.gov.au
+ National Stroke Foundation: www.strokefoundation.com.au
  StrokeLine 1800 787 653
+ QUIT Now: the National Tobacco Campaign www.quitnow.info.au
  Quitline 131 848 or 137 848

If you are caring for someone:

+ Commonwealth Respite and Carelink Centres:
  1800 052 222
  Emergency (after hours) respite: 1800 059 059
+ Carers Australia: 1800 242 636
  www.carersaustralia.com.au
+ Alzheimer’s Australia: www.alzheimers.org.au
  National Dementia Helpline: 1800 100 500

Get connected - join a social group or activity you are interested in:

+ Australian Men’s Shed Association: www.mensshed.org
+ Mensheds Australia Ltd: www.mensheds.com.au
+ Volunteering Australia: www.volunteeringaustralia.org

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