

# Men's Health Directory

Developed by the Centre for Male Health



## Contents

<b>Australia-Wide Services, Activities, and Programs</b> .....	<b>2</b>
<b>Australian Capital Territory</b> .....	<b>6</b>
<b>New South Wales</b> .....	<b>7</b>
<b>Northern Territory</b> .....	<b>10</b>
<b>Queensland</b> .....	<b>11</b>
<b>South Australia</b> .....	<b>13</b>
<b>Tasmania</b> .....	<b>15</b>
<b>Victoria</b> .....	<b>16</b>
<b>Western Australia</b> .....	<b>18</b>

Disclaimer: The information provided by the Centre for Male Health in this directory has been sourced from publicly available websites and information provided by community groups and organisations who have registered events, services, and activities with the Centre for Male Health. The content provided in this directory is for general informational purposes only, and the Centre for Male Health makes no representation or warranty of any kind regarding the accuracy, adequacy, validity, availability, or completeness of any information in this directory. No information in this directory is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult a physician before starting a new health care regime or fitness program.

## Australia-Wide Services, Activities, and Programs

Organisation	Description	Contact Information	Website
<b>Are you bogged mate?</b>	Are you bogged mate? are a non-for-profit organisation looking to raise awareness and start conversations about depression and suicide rates in men from rural communities.		<a href="https://www.areyouboggedmate.com.au/">https://www.areyouboggedmate.com.au/</a>
<b>Australian Dads Network</b>	The Australian Dads Network connects like-minded-men to give them a space to discuss hard hitting and confronting topics that they may not want to discuss with their current friend or family circle.	<a href="mailto:liam@australiandadsnetwork.org.au">liam@australiandadsnetwork.org.au</a>	<a href="https://www.australiandadsnetwork.org.au/">https://www.australiandadsnetwork.org.au/</a>
<b>Australian Men's Health Forum</b>	The Australian Men's Health Forum is the peak body for men's health in Australia. Their work supports a number of government health policies including the National Men's Health Strategy.	0419 319 140 - <a href="mailto:admin@amhf.org.au">admin@amhf.org.au</a>	<a href="https://www.amhf.org.au/">https://www.amhf.org.au/</a>
<b>Australian Men's Shed Association</b>	The AMSA is a national service provider supporting more than 1200 men's, women's, and community sheds. Through their website, men can find a shed close to them, as well as information on the value of men's sheds.	1300 550 009	<a href="https://mensshed.org/">https://mensshed.org/</a>
<b>Beers and Bubs</b>	Beers and Bubs run one night sessions at the pub where expectant dads learn how to support their partner through the birth of their baby. Childbirth can be daunting for men too and this session prepares fathers for an active, caring role.	08 9721 9939	<a href="https://beerandbubs.com.au/">https://beerandbubs.com.au/</a>
<b>Blu Health</b>	Blu Health are a comprehensive male psychology service that specialise in men's mental health and general wellbeing.	<a href="mailto:info@bluhealth.com.au">info@bluhealth.com.au</a> or 0411 352 448	<a href="https://bluhealth.com.au/">https://bluhealth.com.au/</a>
<b>DadLAN</b>	DadLAN Australia was established in 2023, bringing together Dads with a common interest in technology, computing, games, and family. DadLAN host LAN events across the nation as well as online gatherings, aiming to combat social isolation, foster connections, and establish a friendly third space for fathers.		<a href="https://dadlan.au/">https://dadlan.au/</a>
<b>Dads 4 Kids</b>	Dads 4 Kids are a harm prevention charity committed to excellence in fathering. They host seminars, conferences and national summits as well as delivering fatherhood courses and campaigns.	<a href="mailto:info@dads4kids.org.au">info@dads4kids.org.au</a>	<a href="https://dads4kids.org.au/">https://dads4kids.org.au/</a>
<b>Dads Group</b>	Dads Group are about changing the culture of fatherhood for the better. This is done through the formation of dad's groups, running community events, development of tools, resources, and programs for dads at work and research and partnerships.	<a href="mailto:info@dadsgroup.org">info@dadsgroup.org</a>	<a href="https://www.dadsgroup.org/">https://www.dadsgroup.org/</a>
<b>Dads in Distress</b>	Dads in Distress offer a 100% free, confidential, and non-judgemental support service to dads who are going through or have gone through separation - in particular, separation from their kids. All of the team members are peers, dads who have been through it themselves.	1300 853 437	<a href="https://parentsbeyondbreakup.com/dids/">https://parentsbeyondbreakup.com/dids/</a>
<b>Department of Veterans Affairs</b>	DVA delivers a variety of health and wellbeing programs to veterans and their families, as well as running a specific Men's Health Peer Program.	1800 838 372	<a href="https://www.dva.gov.au/health-and-treatment/work-and-social-life-">https://www.dva.gov.au/health-and-treatment/work-and-social-life-</a>

			<a href="https://www.everyman.org.au/programs/mens-health-peer-education-program#mhpe-contacts">programs/mens-health-peer-education-program#mhpe-contacts</a>
<b>Every Man</b>	Every man offers a range of services to men with complex issues including counselling, violence prevention, Indigenous support, and accommodation, supported accommodation and outreach and NDIS services.	02 6230 6999	<a href="https://www.everyman.org.au/">https://www.everyman.org.au/</a>
<b>Gotcha4Life</b>	Gotcha4Life is a not-for-profit foundation with a goal of zero suicides, taking action by delivering mental fitness programs that engage, educate and empower local communities.		<a href="https://www.gotcha4life.org/">https://www.gotcha4life.org/</a>
<b>Griefline</b>	Griefline provides free and confidential telephone support to people struggling to cope with grief and loss. In addition to the national toll-free helpline, Griefline also offers access to free online community forums, support resources, coping strategies and fact sheets to help you navigate your experience with grief. During Men's Health Week, Griefline will be sharing self-care and wellbeing strategies for men and boys to support themselves and each other when grieving.	1300 845 745	<a href="https://griefline.org.au/">https://griefline.org.au/</a>
<b>Heart Research Australia</b>	Heart Research Australia are a charity organisation that provides seed funding for heart research in Sydney. They support world class and emerging researchers to conduct ground breaking research into the prevention, diagnosis and treatment of heart disease.	02 9436 0056	<a href="https://www.heartresearch.com.au/">https://www.heartresearch.com.au/</a>
<b>Mantle</b>	Mantle is a video psychology service for Australian men providing clinical services and opportunities for mental health optimisation.	<a href="mailto:info@mantlehealth.com.au">info@mantlehealth.com.au</a> or 1300 646 753	<a href="https://mantlehealth.com.au/">https://mantlehealth.com.au/</a>
<b>Men's Telehealth</b>	Men's Telehealth provides mental health support from the comfort of your own home. You will be linked with an experienced male psychologist, who will use evidence based therapies and offer you the space to talk. After hours and weekend appointments are available to suit your busy lifestyle.	<a href="mailto:contact@mtelehealth.com.au">contact@mtelehealth.com.au</a>	
<b>MensLine Australia</b>	MensLine Australia are a free telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 78 99 78	<a href="https://mensline.org.au/contact-us/">https://mensline.org.au/contact-us/</a>
<b>Mentoring Men</b>	Mentoring Men is a registered Australian charity providing free long-term one-to-one life mentoring for men who are going through some challenges or changes in their life.	<a href="mailto:info@mentoringmen.org.au">info@mentoringmen.org.au</a> or 1300 583 925	<a href="https://mentoringmen.org.au/">https://mentoringmen.org.au/</a>
<b>Mineset</b>	Mineset are a non-for-profit organisation in mining who connect, support, and encourage one another to start a chat and talk about the unspoken challenges within the industry.		<a href="https://minesetaus.com.au/">https://minesetaus.com.au/</a>
<b>Movember Foundation</b>	Movember are the leading charity changing the face for men's health. Since 2003, they have funded more than 1,250 projects around the world aiming to tackle mental health and suicide prevention, prostate cancer, and testicular cancer.		<a href="https://au.movember.com/">https://au.movember.com/</a>
<b>Know thy nuts – Movember Foundation</b>	Learn how to give your nuts a feel. Get to know what's normal for you. So if you notice a change - or that something doesn't feel right - you'll know to act on it.		<a href="https://au.movember.com/men-s-health/testicular-cancer">https://au.movember.com/men-s-health/testicular-cancer</a>

<b>Nuts &amp; Bolts – Movember Foundation</b>	Nuts & Bolts has the tools you need to confidently handle the testicular cancer journey. From diagnosis, to treatment, to life afterwards — we've got your back.		<a href="https://nutsandbolts.movember.com/">https://nutsandbolts.movember.com/</a>
<b>Spot the Signs – Movember Foundation</b>	It can often be tricky spotting a friend who's struggling. This page will provide you with some useful approaches and suggestions.		<a href="https://au.movember.com/mens-health/spot-the-signs">https://au.movember.com/mens-health/spot-the-signs</a>
<b>True North – Movember Foundation</b>	True North is here to provide the information that matters most to you in your prostate cancer journey.		<a href="https://truenorth.movember.com/en-au">https://truenorth.movember.com/en-au</a>
<b>Family Man – Movember Foundation</b>	Family Man is a research-backed online parenting program designed with dads in mind. Fun, free, fast and interactive, it's proven to work and has been developed alongside leading global child behaviour experts.		<a href="https://familyman.movember.com/en-gb/">https://familyman.movember.com/en-gb/</a>
<b>Ahead of the Game – Movember Foundation</b>	Movember Ahead of the Game is a youth mental health program. It teaches players, parents, coaches and volunteers to understand mental health, build mental fitness and strengthen resilience. Players learn how to deal with challenges in both sport and life.		<a href="https://aheadofthegame.org.au/">https://aheadofthegame.org.au/</a>
<b>Prostate Cancer Support Groups</b>	Prostate Cancer Foundation of Australia has a range of support groups across the country that bring together men and women who have a passion for those affected by prostate cancer. Visit their website or give them a call to find your nearest Prostate Cancer Support Group.	<a href="mailto:enquiries@pcfa.org.au">enquiries@pcfa.org.au</a> or 1800 00 22 98	<a href="https://www.pcfa.org.au/support/find-a-support-group/">https://www.pcfa.org.au/support/find-a-support-group/</a>
<b>SiSU Health</b>	SiSU Health Group deliver personalised health and wellbeing solutions, aiming to provide better health knowledge and awareness for communities through the use of their self-service health check stations and the accompanying app. SiSU Health has a number of health check stations across the country that can be accessed free of charge.	<a href="mailto:info@sisuhealthgroup.com">info@sisuhealthgroup.com</a> or 9818 3998	<a href="https://www.sisuhealthgroup.com/">https://www.sisuhealthgroup.com/</a>
<b>SoulAdvisor</b>	SoulAdvisor provides-a comprehensive qualification based directory of therapists or acting in over 100 Traditional and Wholistic therapies. Living their tagline of 'Nourish yourself. Heal our World', they work towards inclusivity and provision of evidence based practices that truly make a difference.		<a href="https://www.souladvisor.com/">https://www.souladvisor.com/</a>
<b>Suit Tie Stroller</b>	Suit Tie Strollers mission is to empower working dads to be active parents and advocate for policies that better support modern families and workplaces. This is not just for the rights of men, but for rights that support all men, women, children, and society.		<a href="https://www.suittiestroller.com/">https://www.suittiestroller.com/</a>
<b>The Fathering Project</b>	The Fathering Project are helping dads to be the best dads they can be for themselves, their children, and their families. This is done through research, programs, services, community awareness, resource development and advocacy.	1300 328 437	<a href="https://thefatheringproject.org/">https://thefatheringproject.org/</a>
<b>The Man Walk</b>	The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way. They want to create an environment where men can talk and ask for help if they need.		<a href="https://themanwalk.com.au/">https://themanwalk.com.au/</a>
<b>TIACS</b>	TIACS are a free phone and text counselling service offering mental health to Australia's blue collar community such as tradies, truckies, rural men and other blue collar workers.	<a href="mailto:admin@tiacs.org">admin@tiacs.org</a> or 0488 846 988	<a href="https://www.tiacs.org/">https://www.tiacs.org/</a>

<b>Tomorrow Man</b>	Tomorrow Man aim to empower men to re-define a healthier version of masculinity for themselves that will positively impact them and those they love the most. This is done through programs they facilitate in environments where boys and men often gather such as secondary schools, universities, TAFE, sporting clubs and male dominated workplaces.	<a href="mailto:workshops@tomorrowman.com.au">workshops@tomorrowman.com.au</a> or 9956 8860	<a href="https://www.tomorrowman.com.au/">https://www.tomorrowman.com.au/</a>
<b>You Got This Mate</b>	You Got This Mate is an online platform that provides tips and information to help rural men reach their best possible mental health.		<a href="https://yougotthismate.com.au/">https://yougotthismate.com.au/</a>

## Australian Capital Territory

Organisation	Description	Contact Information	Website
<b>Back in Strength – Physiotherapy and Pilates</b>	Back in Strength’s Men’s Health Physiotherapists are all about dealing with the problems that men don’t like to talk about. From preparing for and recovering from prostate surgery, dealing with incontinence, erectile dysfunction or other pelvic health issues, care and solutions are provided in a private environment with a friendly and professional physiotherapist.	<a href="mailto:office@backinstrength.com.au">office@backinstrength.com.au</a> or 02 6282 9992	<a href="https://www.backinstrength.com.au/services/mens-health/">https://www.backinstrength.com.au/services/mens-health/</a>
<b>Belconnen Community Men’s Shed</b>	The Belconnen Men’s Shed is fully equipped with woodworking and metalworking tools, but that’s not what it’s all about. It is a place for men who want to come for a chat and coffee or tea, with a kitchen space and great meeting table.	<a href="mailto:office@belconnenshed.com.au">office@belconnenshed.com.au</a>	<a href="https://belconnenshed.com.au/">https://belconnenshed.com.au/</a>
<b>Head to Health Canberra</b>	H2H Canberra run a Men’s Resilience Group, aimed at men wanting to learn strategies to boost their resilience and develop these into protective factors against stressors and mental illness. There is no cost to attend the program and light refreshments are provided.	<a href="mailto:hello@thinkmh.com.au">hello@thinkmh.com.au</a> or 1800 595 212	<a href="https://canberraheadtohealth.com.au/programs/mens-resilience-group/">https://canberraheadtohealth.com.au/programs/mens-resilience-group/</a>
<b>MensLink</b>	Menslink is an organisation that offers free counselling, volunteer mentoring and education programs to young men aged 10-25 within the Canberra region.	<a href="mailto:info@menslink.org.au">info@menslink.org.au</a> or 6287 2226	<a href="https://menslink.org.au/">https://menslink.org.au/</a>
<b>The Healthy Tradie Project</b>	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their ‘healthy tradie’ and ‘stress less’ workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	<a href="mailto:pip@thehealthytradieproject.com">pip@thehealthytradieproject.com</a>	<a href="https://thehealthytradieproject.com.au/">https://thehealthytradieproject.com.au/</a>

## New South Wales

Organisation	Description	Contact Information	Website
<b>Bathurst Men's Walk and Talk</b>	Bathurst Men's Walk and Talk is a male only, weekly event where men get together to share a coffee, have a walk and have a chat. There are no membership costs and each walker will receive a free tee shirt after they come along to a few walks. The walks are held every Thursday, rain, hail or shine at Berry Lions Park near the old Denison Bridge.	<a href="mailto:men@bxmenschwalkandtalk.com.au">men@bxmenschwalkandtalk.com.au</a>	<a href="https://www.facebook.com/BxMensWalkTalk/">https://www.facebook.com/BxMensWalkTalk/</a>
<b>Central Coast Men's Walk and Talk</b>	The Central Coast Men's Walk and Talk, established in 2022, is a men's walk community organisation hosted by men's health champion Craig Ball. The group walk each Thursday along the Tuggerawong Pathway, with times varying depending on time of year. This walking group is a space for men to get out and exercise, but more importantly to have a space to open up to each other and talk freely in a safe space. This group is open to all men and new members are always welcome.	<a href="https://www.facebook.com/centralcoastmenswalkandtalk">https://www.facebook.com/centralcoastmenswalkandtalk</a>	<a href="https://www.centralcoastmenswalk.com/?fbclid=IwAR3xLL_CquWFKXUzO8qIZjSUFdCPIhgpy8_3MTcsKSuknwqFTusaGAT_zus">https://www.centralcoastmenswalk.com/?fbclid=IwAR3xLL_CquWFKXUzO8qIZjSUFdCPIhgpy8_3MTcsKSuknwqFTusaGAT_zus</a>
<b>Foundation House</b>	Established over 20 years ago by The Construction Industry Drug and Alcohol Foundation, Foundation House is a 28 day residential rehabilitation program for alcohol, other drugs and gambling, for the Construction Industry, Health Industry, Public Sector employees and their families, as well as the general public. Their program model includes, group therapy, one on one counselling, attendance at self-help groups, yoga, relapse prevention and family support groups.	Admission enquiries: (02)95554034 <a href="mailto:intake@foundationhouse.net.au">intake@foundationhouse.net.au</a>	<a href="https://www.foundationhouse.net.au/">https://www.foundationhouse.net.au/</a>
<b>FoundoBlue</b>	The Construction Industry Drug and Alcohol Foundation developed FoundoBlue as a direct response from industry stakeholders to the elevated suicide rates in the construction industry. FoundoBlue is a 3-year program designed to improve an organisations capacity to identify and respond to employees experiencing psychological distress. The training includes general awareness, touchpoint training, communication with care and advanced touchpoint training, response to critical incidents, as well as one on one counselling.	(02) 95558361 <a href="mailto:info@foundoblue.org.au">info@foundoblue.org.au</a>	<a href="https://www.foundationhouse.net.au/">https://www.foundationhouse.net.au/</a>
<b>Lifeline Macarthur and Western Sydney</b>	Lifeline provide support to those in crisis via the 13 11 14 line. They are proud to deliver training fully funded by South West Sydney primary Health Network & specific workshops for those who support people in domestic violence situations. During Men's Health Week, Lifeline M&WS are offering a free online 'Read the Signs' course to raise men's awareness on stress, depression, suicide prevention, help seeking and self-care. Register via: <a href="https://www.eventbrite.com.au/o/lifeline-macarthur-13919818399">https://www.eventbrite.com.au/o/lifeline-macarthur-13919818399</a>	13 11 14 or (02) 4645 7200	<a href="https://www.lifelinemws.org.au/">https://www.lifelinemws.org.au/</a>
<b>LikeMind</b>	LikeMind offer a range of services in a variety of ways aiming at supporting individuals in seeking help to address their mental health	Penrith: 02 8880 8111 Seven Hills: 02 8806 3800	<a href="https://likemind.org.au/">https://likemind.org.au/</a>

	concerns. They have purpose built centres in Western Sydney, Orange and Wagga Wagga.	Orange: 02 6311 1700 Wagga Wagga: 02 6936 2000	
<b>Man Anchor</b>	Man Anchor are a grassroots mental health and wellbeing movement that provides mental health education workshops for businesses, schools and community groups around Australia.	<a href="mailto:info@mananchor.com.au">info@mananchor.com.au</a> or 0405 420 413	<a href="https://www.mananchor.com.au/">https://www.mananchor.com.au/</a>
<b>Men's Health Education Rural Van</b>	The MHERV is a custom-built caravan with a dedicated registered nurse that goes on two scheduled tours per year seeking out men for free health screenings who haven't seen the inside of a doctors room for years.		<a href="https://mherv.com.au/">https://mherv.com.au/</a>
<b>Men's Talk</b>	Men's Talk is centred on collaboration with the community to mainstream conversation around wellness and masculinity for all who identify as male. This is done through the creation of safe spaces for men and events sponsoring and fundraising men's health campaigns.	<a href="mailto:info@mtalk.com.au">info@mtalk.com.au</a>	<a href="https://mtalk.com.au/">https://mtalk.com.au/</a>
<b>MENtors - Men Supporting Men</b>	MENtors run a social inclusion program based on the Coffs Coast of NSW, that aims to connect men in the community and establish peer support, mentoring networks, and services to improve men's physical, mental, emotional and social wellbeing.	0419 258 023 or 0439 979 077	<a href="https://mentorsformen.com.au/">https://mentorsformen.com.au/</a>
<b>Older Men's Group – Hills Shire Council</b>	The Hills Older Men's Network runs their group sessions fortnightly on a Monday from 10am-12:30pm. The groups are for men who feel isolated, want to meet up with other blokes and share their stories in a non-judgemental, safe, and supportive environment.	<a href="mailto:HillsOMNI1@gmail.com">HillsOMNI1@gmail.com</a> or 0424 462 153 or 0425 233 783	<a href="https://www.thehills.nsw.gov.au/Upcoming-Events-Activities/Older-Mens-Group">https://www.thehills.nsw.gov.au/Upcoming-Events-Activities/Older-Mens-Group</a>
<b>Survivors and Mates Support Network</b>	SAMSN are Australia's leading organisation for male survivors of child sexual abuse and their supporters. These services, events and workshops for survivors and supporters are free and available to people of any demographic.	<a href="mailto:support@samsn.org.au">support@samsn.org.au</a> or 1800 472 676	<a href="https://www.samsn.org.au/">https://www.samsn.org.au/</a>
<b>The Complete Men Foundation</b>	The Complete Men Foundation are a non-for-profit charity aiming to support and inspire men of all ages to reach their full potential, to be fully present in their own lives, and in those of their families and communities. Their in person, weekly men's groups, run in South East Queensland and Northern NSW, with an online group also offered to men from other regions.	0478 508 155	<a href="https://completemen.org.au/">https://completemen.org.au/</a>
<b>The Healthy Tradie Project</b>	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their 'healthy tradie' and 'stress less' workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	<a href="mailto:pip@thehealthytradieproject.com">pip@thehealthytradieproject.com</a>	<a href="https://thehealthytradieproject.com.au/">https://thehealthytradieproject.com.au/</a>
<b>Man Cave</b>	Man Cave are a preventative mental health and emotional intelligence charity working to empower communities to raise generations of healthy young men through their innovative programs, role models and resources.	<a href="mailto:hello@themancave.life">hello@themancave.life</a>	<a href="https://themancave.life/">https://themancave.life/</a>



<b>Top Blokes Foundation</b>	Top Blokes Foundation work with groups of boys and young men for 3 to 6 months through group mentoring programs, targeting a variety of common men's health issues.	<a href="mailto:info@topblokes.org.au">info@topblokes.org.au</a> or 1300 450 850	<a href="https://www.topblokes.org.au/">https://www.topblokes.org.au/</a>
<b>Walk it Off</b>	Walk it Off is a grassroots community-based mental health support initiative based in the Blue Mountains that independently supports both men and women who may be struggling to cope with life's pressures. Walk it Off is a safe place to connect and find non-judgemental support from people with shared lived experience to support your journey to wellness.	<a href="mailto:info@walkitoff.org.au">info@walkitoff.org.au</a>	<a href="http://walkitoff.org.au">walkitoff.org.au</a>
<b>Whiddon</b>	Whiddon are a non-for-profit, award-winning care provider with residential care, community care and retirement villages across regional, rural, and remote New South Wales and Southeast Queensland. In celebration of International Men's Health Week (12th – 18th June), Whiddon has launched the 'Age Well, Together' campaign, encouraging Australian men to improve their health and wellbeing by connecting through shared interests, camaraderie and community involvement.	1300 738 388	<a href="https://www.whiddon.com.au/">https://www.whiddon.com.au/</a>

## Northern Territory

Organisation	Description	Contact Information	Website
<b>Darwin Health Group</b>	Darwin Health Group offer services specific to Men's Health including bladder and bowel health, incontinence, post prostatectomy rehabilitation and pelvic floor dysfunction.	<a href="mailto:info@darwinhealthgroup.com">info@darwinhealthgroup.com</a> or 08 8941 4695	<a href="https://www.darwinhealthgroup.com/">https://www.darwinhealthgroup.com/</a>
<b>Kings Narrative</b>	Kings Narrative is a profit for purpose social enterprise founded and led by Aboriginal men. They collaborate with allies from all backgrounds, but have made the commitment to exclusively employ First Nations people. Kings Narrative value cultural integrity above all else and are working towards a future for First Nations people where: <ul style="list-style-type: none"> <li>- Their men are healthy and strong.</li> <li>- Their languages are rich and alive.</li> <li>- Their women and children are cared for and respected.</li> <li>- Their businesses are innovative and world-class leaders.</li> </ul>	<a href="https://www.kingsnarrative.com.au/contact-us/">https://www.kingsnarrative.com.au/contact-us/</a>	<a href="https://www.kingsnarrative.com.au/">https://www.kingsnarrative.com.au/</a>
<b>Malala Health Service</b>	Malala Health Service's men's health program supports men to take control of their health and wellbeing through early engagement in health services. They run a coordinated model of service delivery, incorporating outreach and primary health clinic-based services. The men's health program focuses on health and wellbeing strategies that encourage conversations about men's health, regular check-ups, and family relationships.	<a href="mailto:admin@malala.com.au">admin@malala.com.au</a> or 08 8979 5772	<a href="https://www.malala.com.au/mens_health">https://www.malala.com.au/mens_health</a>
<b>Mental Health NT</b>	Mental Health NT offer a platform for men to seek mental health help through online and local support. The support services they list range from mental health hotlines to community based mental health services for Northern Territory men.	NT Mental Health Line – 1800 682 288	<a href="https://www.mentalhealthnt.com.au/support-for-men">https://www.mentalhealthnt.com.au/support-for-men</a>
<b>Strong Men, Strong Culture</b>	DIMS is a not-for-profit organisation previously incorporated under the Northern Territory Associations ACT, on the 16 June 2017. DIMS transferred over to Office of the Registrar of Indigenous Corporations (ORIC) on the 25 March 2019. The Management Committee consists of all Indigenous men living in the Darwin Region. The organisation has Indigenous male staff delivering programs and services to Indigenous male clients to help improve their social and emotional well-being.	<a href="mailto:Admin-dims@daiws.org.au">Admin-dims@daiws.org.au</a> or 08 8947 7188	<a href="https://www.dims.org.au/">https://www.dims.org.au/</a>
<b>StrongBala Men's Health</b>	StrongBala Men's Health operates out of the Tom Cameron Wing at the main building, 25 Third Street. StrongBala Men's Health deliver cultural appropriately services to our male clients. The team is staffed by male only RAHPs, Doctors and RNs.	<a href="mailto:wurli@wurli.org.au">wurli@wurli.org.au</a> or 08 8972 9100	<a href="https://www.wurli.org.au/strongbala-mens-health/">https://www.wurli.org.au/strongbala-mens-health/</a>

## Queensland

Organisation	Description	Contact Information	Website
<b>Average Joes</b>	Average Joes host weekly meetups looking to connect men with each other for opportunities for real and raw chats while making mates along the way.	<a href="mailto:wayne@averagejoes.net.au">wayne@averagejoes.net.au</a> or <a href="mailto:eliot@averagejoes.net.au">eliot@averagejoes.net.au</a>	<a href="https://averagejoes.net.au/">https://averagejoes.net.au/</a>
<b>Circle of Men</b>	Circle of Men are a non-for-profit organisation that host weekly meetings in various locations across Queensland to support and nurture men living in aged care.	<a href="mailto:info@circleofmenqld.com">info@circleofmenqld.com</a> or 61 490 105 715	<a href="https://circleofmenqld.com/">https://circleofmenqld.com/</a>
<b>It's a Bloke Thing Foundation</b>	It's a Bloke Thing Foundation are a non-for-profit foundation that hosts annual fundraising and awareness raising events for prostate cancer research, care and education. Their annual luncheon is now the largest day-time fundraising event in Queensland.		<a href="https://www.itsablokething.com.au/">https://www.itsablokething.com.au/</a>
<b>Men &amp; CO. Services</b>	Men & Co. Services offers practical tools that support men and young men with their health, wellbeing, and positive behaviours. They are a South Queensland organisation that delivery safety and wellbeing programs through their team of qualified professionals.	<a href="mailto:enquiries@menandcoservices.org.au">enquiries@menandcoservices.org.au</a> or 07 3439 8640	<a href="https://www.menandcoservices.org.au/">https://www.menandcoservices.org.au/</a>
<b>Men's Wellbeing</b>	Men's Wellbeing are a non-for-profit organisation working to support men and their loved ones by providing places and programs where men can find themselves and become better men.	<a href="mailto:admin@menswellbeing.org">admin@menswellbeing.org</a> or 1300 13 88 50	<a href="https://menswellbeing.org/">https://menswellbeing.org/</a>
<b>Ron Monaghan Foundation</b>	The Ron Monaghan Foundation are looking to raise awareness, start conversations and educate men on prostate cancer with the aim of encouraging early check-ups and reducing the risk of developing serious disease.	<a href="mailto:enquiries@ronmonaghanfoundation.org.au">enquiries@ronmonaghanfoundation.org.au</a>	<a href="https://www.ronmonaghanfoundation.org.au/">https://www.ronmonaghanfoundation.org.au/</a>
<b>The Complete Men Foundation</b>	The Complete Men Foundation are a non-for-profit charity aiming to support and inspire men of all ages to reach their full potential, to be fully present in their own lives, and in those of their families and communities. Their in person, weekly men's groups, run in South East Queensland and Northern NSW, with an online group also offered to men from other regions.	0478 508 155	<a href="https://completemen.org.au/">https://completemen.org.au/</a>
<b>The Healthy Tradie Project</b>	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their 'healthy tradie' and 'stress less' workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	<a href="mailto:pip@thehealthytradieproject.com">pip@thehealthytradieproject.com</a>	<a href="https://thehealthytradieproject.com.au/">https://thehealthytradieproject.com.au/</a>
<b>The Men's Collective</b>	The Men's Collective is a men's mental health and wellbeing community based on the Gold Coast. Their purpose is to connect	<a href="mailto:hello@themenscollective.com.au">hello@themenscollective.com.au</a>	<a href="https://themenscollectivecomau.wordpress.com/">https://themenscollectivecomau.wordpress.com/</a>

	men with each other and themselves, so that in turn they can be better fathers, brothers, friends, or partners.		
<b>TOMNET</b>	TOMNET supports men 50+ to improve their mental health and wellbeing. They support men in retirement to find meaning and purpose and give back to their community. They have weekly and monthly meetings, volunteering opportunities, and mates you can count on.	07 4638 9080	<a href="https://tomnet.org.au/">https://tomnet.org.au/</a>
<b>Top Blokes Foundation</b>	Top Blokes Foundation work with groups of boys and young men for 3 to 6 months through group mentoring programs, targeting a variety of common men's health issues.	<a href="mailto:info@topblokes.org.au">info@topblokes.org.au</a> or 1300 450 850	<a href="https://www.topblokes.org.au/">https://www.topblokes.org.au/</a>
<b>Well Man</b>	Well Man state that their purpose is to assist all men in regional Queensland and Australia to live longer, happier, and more fulfilling lives; by promoting preventative strategies, information, practical tips, and life promotion skills.	<a href="mailto:wellman@selectability.com.au">wellman@selectability.com.au</a>	<a href="https://www.wellman.org.au/">https://www.wellman.org.au/</a>
<b>Whiddon</b>	Whiddon are a non-for-profit, award-winning care provider with residential care, community care and retirement villages across regional, rural, and remote New South Wales and Southeast Queensland. In celebration of International Men's Health Week (12th – 18th June), Whiddon has launched the 'Age Well, Together' campaign, encouraging Australian men to improve their health and wellbeing by connecting through shared interests, camaraderie and community involvement.	1300 738 388	<a href="https://www.whiddon.com.au/">https://www.whiddon.com.au/</a>

## South Australia

Organisation	Description	Contact Information	Website
<b>Adelaide Men's Group</b>	The Adelaide Men's Group have been meeting on a monthly basis for more than 10 years. Their purpose is to build meaningful community and authentic connections between men through participation in their meetings.		<a href="https://www.meetup.com/en-AU/adelaide-mensgroup/">https://www.meetup.com/en-AU/adelaide-mensgroup/</a>
<b>Anglicare South Australia</b>	Anglicare South Australia are a non-for-profit organisation providing aged disability care.	<a href="mailto:ireynolds@anglicaresa.com.au">ireynolds@anglicaresa.com.au</a>	<a href="https://anglicaresa.com.au/">https://anglicaresa.com.au/</a>
<b>Council on the Ageing South Australia</b>	COTA SA is an older people's movement and the peak body that represents the rights, interests, and futures of the more than 698,000 South Australians aged 50+	<a href="mailto:cotasa@cotasa.org.au">cotasa@cotasa.org.au</a> or 08 8232 0422	<a href="https://cotasa.org.au/">https://cotasa.org.au/</a>
<b>Fat Farmers</b>	Fat Farmers is a rural health initiative that aims to inspire and encourage rural communities to improve their health and wellbeing through physical activity.	<a href="mailto:info@fatfarmers.com">info@fatfarmers.com</a> or 0419 824 122	<a href="https://www.fatfarmers.com/">https://www.fatfarmers.com/</a>
<b>Good Better Best Men</b>	Good Better Best Men is a not for profit providing programs, workshops, and courses for men's self-development and men's circles. They support strong men's communities, sustainable families, and men's broader communities.	<a href="mailto:men@goodbetterbestmen.com.au">men@goodbetterbestmen.com.au</a>	<a href="https://www.goodbetterbestmen.com.au/">https://www.goodbetterbestmen.com.au/</a>
<b>Goodwood Saints Football Club</b>	The Goodwood Saints football club, who won the South Australia People's Choice award at the 2022 Men's Health Awards, have a number of community initiatives with a strong focus on serving their community through mental health, resilience, and outreach initiatives.	<a href="mailto:gsfc@goodwoodsaints.com.au">gsfc@goodwoodsaints.com.au</a> or 0422 011 688	<a href="https://goodwoodsaints.com.au/">https://goodwoodsaints.com.au/</a>
<b>South Australia Brothers</b>	The South Australia Brothers are a not-for-profit organisation, dedicated to reducing the stigma that surround men's health by creating an open, non-judgemental platform, providing support to those in need.	sabrothersinc@gmail.com	<a href="https://www.sabrothersinc.com/">https://www.sabrothersinc.com/</a>
<b>St. Andrew's Men's Shelter</b>	The St. Andrew's Men's Shelter provides services to homeless men aged 18 and over including emergency accommodation, medium term accommodation, counselling and support and assistance with securing long term accommodation.	<a href="mailto:unitingcountry@ucsa.org.au">unitingcountry@ucsa.org.au</a> or 08 8633 8622 or 1300 067 777	<a href="https://sacommunity.org/org/201999-St-Andrew%27s-Men%27s-Shelter">https://sacommunity.org/org/201999-St-Andrew%27s-Men%27s-Shelter</a>
<b>The Adelaide Day Centre for Homeless Persons</b>	The ADC provides non-residential day care to Adelaide's most disadvantaged, including, but not limited to, the chronically homeless. Care that they provide includes rehabilitation programs, information and referrals, emergency assistance, a mobile soup kitchen and an Assistance with Care and Housing for the Aged program.	<a href="mailto:admin@adcentre.org.au">admin@adcentre.org.au</a> or 08 8232 0048	<a href="https://adcentre.org.au/">https://adcentre.org.au/</a>

<b>The Lights Community &amp; Sports Centre</b>	The Lights is a vibrant place where people connect, learn and participate in activities that improve their physical and mental wellbeing. Their vision is to provide community members, clubs and groups with the support, programs and resources they need to become stronger and to improve their quality of life.	<a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a> or 08 8405 6670 <a href="https://www.thelights.com.au/">https://www.thelights.com.au/</a>
---	--	--

## Tasmania

Organisation	Description	Contact Information	Website
<b>Campbell Town Health &amp; Community Services</b>	Campbell Town Health & Community Services provide the Campbell Town community with health information and resources through their Adult Day Centre and Community Newsletter		
<b>Man Up Tasmania</b>	Man Up Tasmania are a grassroots men's mental health organisation aiming to improve the mental health and wellbeing of men by empowering the community to have a better ability to help themselves and understand when intervention may be required.		<a href="https://www.manuptas.com/">https://www.manuptas.com/</a>
<b>Men Care Too</b>	Men Care Too host a website that provides news, resources and information relevant for all men, with a particular focus on blokes in unpaid, informal caring roles.		<a href="https://www.mencaretoo.org/">https://www.mencaretoo.org/</a>
<b>Men's Resources Tasmania</b>	Men's Resources Tasmania is a community-based not-for-profit organisation that actively supports and promotes the wellbeing of men and boys in Tasmania. They provide training and resources to help men with hardships in life, and the tools to equip them for success.	0474 721 749 or <a href="mailto:info@mrtasmania.org">info@mrtasmania.org</a>	<a href="https://www.mrtasmania.org/">https://www.mrtasmania.org/</a>
<b>Phoenix Community House</b>	The Phoenix Community House is a Men's Shed with regular members, holding Men's health events regularly where they serve a hot lunch and sometimes have a guest speaker or facilitator to run events.	<a href="mailto:admin@pchi.org.au">admin@pchi.org.au</a> or 03 6462 1746	<a href="https://www.nht.org.au/houses/phoenix-communityhouse-inc">https://www.nht.org.au/houses/phoenix-communityhouse-inc</a>
<b>Rural Alive and Well</b>	RAW programs specialise in delivering proactive outreach and one-on-one psychosocial support to address situational stressors and increase protective factors, which minimise their risk of suicide.	1800 729 827	<a href="https://www.rawtas.com.au/">https://www.rawtas.com.au/</a>
<b>Tasmania Men's Health and Wellbeing Association Inc</b>	TasMen are a small charity organisation that provides events and structured learning opportunities for men of all ages, using a peer-to-peer model of experiential learning.	<a href="mailto:board@tasmen.org.au">board@tasmen.org.au</a>	<a href="https://www.tasmen.org/">https://www.tasmen.org/</a>

## Victoria

Organisation	Description	Contact Information	Website
<b>Blokes Psychology</b>	Blokes Psychology are a counselling service dedicated to supporting males of all ages and their families throughout the various challenges of life.	9994 1721	<a href="https://blokespsychology.com.au/">https://blokespsychology.com.au/</a>
<b>Bluehats Suicide Prevention</b>	Incolink's Bluehats Suicide Prevention programs help workers who are doing it tough by providing someone to talk to on site. In 2021, the Bluehats training model was refreshed to be able to deliver both onsite and digitally.	<a href="mailto:bluehats@incolink.org.au">bluehats@incolink.org.au</a>	<a href="https://incolink.org.au/wellbeing-support-services/bluehats">https://incolink.org.au/wellbeing-support-services/bluehats</a>
<b>For Men</b>	For Men are an organisation that supports men aged 16-35 to proactively develop their mental health and wellbeing through self-leadership.	<a href="mailto:connect@formen.org.au">connect@formen.org.au</a>	<a href="https://formen.org.au/">https://formen.org.au/</a>
<b>Right Mate</b>	Right Mate aim to change the way that men's mental health is approached through a range of events they run such as men's walks, monthly dinners, and men's yoga courses.	<a href="mailto:hello@rightmate.org.au">hello@rightmate.org.au</a>	<a href="https://www.rightmate.org.au/">https://www.rightmate.org.au/</a>
<b>Swan Hill District Health</b>	Swan Hill District Health is a 143 bed (including Aged Care) fully integrated rural public health service. They are located on the Murray River in Rural Victoria, employing around 630 staff, and servicing a 100km radius area with an estimated catchment of around 35,000 people.	03 5033 9300	<a href="https://www.shdh.org.au/">https://www.shdh.org.au/</a>
<b>The Healthy Tradie Project</b>	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their 'healthy tradie' and 'stress less' workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	<a href="mailto:pip@thehealthytradieproject.com">pip@thehealthytradieproject.com</a>	<a href="https://thehealthytradieproject.com.au/">https://thehealthytradieproject.com.au/</a>
<b>The Life! program</b>	The Life! program is a free Victorian healthy lifestyle program that helps participants improve their eating habits, physical activity, and stress management. Run by expert health professionals, the program is delivered as a group course or Telephone Health Coaching service and shows participants how to reduce their risk of developing type 2 diabetes, heart disease and stroke. The Life! program gives participants the motivation and support needed to make and maintain positive changes and to live a healthier and more active lifestyle.	13 74 75	<a href="https://lifeprogram.org.au/">https://lifeprogram.org.au/</a>
<b>The Male Hug</b>	The Male Hug are a non-for-profit organisation that is committed to raising awareness and prevention education for men's mental health for professional males. They are dedicated to providing support, educational programs for organisations and a platform for professional	<a href="mailto:hello@themalehug.com.au">hello@themalehug.com.au</a> or 1800 428339	<a href="https://themalehug.com.au/">https://themalehug.com.au/</a>



	males to talk and engage openly in a safe and friendly environment that is free of judgement.
<b>Man Cave</b>	Man Cave are a preventative mental health and emotional intelligence charity working to empower communities to raise generations of healthy young men through their innovative programs, role models and resources. <a href="mailto:hello@themancave.life">hello@themancave.life</a> <a href="https://themancave.life/">https://themancave.life/</a>

## Western Australia

Organisation	Description	Contact Information	Website
<b>Average Joes</b>	Average Joes host weekly meetups looking to connect men with each other for opportunities for real and raw chats while making mates along the way.	<a href="mailto:wayne@averagejoes.net.au">wayne@averagejoes.net.au</a> or <a href="mailto:eliot@averagejoes.net.au">eliot@averagejoes.net.au</a>	<a href="https://averagejoes.net.au/">https://averagejoes.net.au/</a>
<b>ConnectGroups</b>	ConnectGroups is the peak body for Peer Support in WA, servicing over 700 peer-led Support Groups across the State. They sustain and grow the WA Support Group Sector through capacity and capability building activities, advocacy and representation, and partnerships and collaboration.	<a href="mailto:Amanda@connectgroups.org.au">Amanda@connectgroups.org.au</a> or 08 9364 6909	<a href="https://connectgroups.org.au/">https://connectgroups.org.au/</a>
<b>Denmark Men's Shed Inc.</b>	The Denmark Men's Shed promotes men's health and wellness in an environment of support and fellowship. They currently have a total of 70 male members and have opened their membership up to females, with 40 female members joining within the last 12 months.	<a href="mailto:info@denmarkmenshed.com.au">info@denmarkmenshed.com.au</a>	<a href="https://denmarkmenshed.com.au/">https://denmarkmenshed.com.au/</a>
<b>Healthy Cockburn</b>	Healthy Cockburn are a health promotion organisation for the residents in the Cockburn WA local government area.		<a href="https://www.cockburn.wa.gov.au/Community-and-Business/Health-and-Wellbeing">https://www.cockburn.wa.gov.au/Community-and-Business/Health-and-Wellbeing</a>
<b>Men's Health and Wellbeing WA</b>	Men's Health and Wellbeing WA are the peak independent non-for-profit charity organisation dedicated to representing and promoting the health and wellbeing of boys and men in Western Australia.	<a href="mailto:admin@menshealthwa.org.au">admin@menshealthwa.org.au</a>	<a href="https://menshealthwa.org.au/">https://menshealthwa.org.au/</a>
<b>Men. Healthier Together</b>	At the core of the MHT Foundation is the West Australian Men's Health Initiative. They aim to better understand the complex relationships between mental and physical health and lifestyle factors as a means of improving health literacy and proactivity for fathers and grandfathers to have an impact on their sons and grandsons.	<a href="mailto:admin@spinnakerhealth.org.au">admin@spinnakerhealth.org.au</a> or 08 6152 6278	<a href="https://healthiermen.com.au/">https://healthiermen.com.au/</a>
<b>Men's Talk</b>	Men's Talk aim to collaborate with the community to mainstream conversation around wellness and masculinity for all who identify as male. This is done through the creation of safe spaces for men and events sponsoring and fundraising men's health campaigns.	<a href="mailto:info@mtalk.com.au">info@mtalk.com.au</a>	<a href="https://mtalk.com.au/">https://mtalk.com.au/</a>
<b>PCaHELP</b>	PCaHELP are a prostate cancer support group based in Western Australia, who provide information, support group contacts and a dedicated helpline, run by men with a lived experience of prostate cancer.	0411 581 000	<a href="https://www.pcahelp.org/">https://www.pcahelp.org/</a>
<b>Regional Counselling Services</b>	Regional Counselling Services operate peer support and wellbeing programmes to the mining community and mine sites around the Goldfields Region in Western Australia.	0417 988 229	<a href="https://rcsgoldfields.com/">https://rcsgoldfields.com/</a>

<b>The Regional Men's Health Initiative</b>	The Regional Men's Health Initiative are a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural and remote WA. They act as a bridge of support and education to regional men, communities, and health services.	6314 1436	<a href="https://regionalmenshealth.com.au/">https://regionalmenshealth.com.au/</a>
<b>WA Wanderers – Men's Bushwalking</b>	The WA Wanderers are a men's bushwalking and social group for gay guys and their friends, who are keen to get outside and enjoy Western Australia's countryside with an easy going and friendly group.	<a href="https://wawanderers.com.au/contact/">https://wawanderers.com.au/contact/</a>	<a href="https://wawanderers.com.au/">https://wawanderers.com.au/</a>
<b>Yarloop Community Resource Centre</b>	The Yarloop Community Resource Centre provides resources and information to members of their local community. They will have a particular focus on information and resources relating to men and men's health in the month of June.	<a href="mailto:receptionyarloopcrc@outlook.com">receptionyarloopcrc@outlook.com</a>	<a href="https://www.facebook.com/YarloopCRC/">https://www.facebook.com/YarloopCRC/</a>

*\*This Directory was last updated on 14/03/2024*

To register your organisation or community group, visit [https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV\\_72PXm4mAdxrrNzg](https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_72PXm4mAdxrrNzg)



Contact Details: [CMH@westernsydney.edu.au](mailto:CMH@westernsydney.edu.au)