THE
blokes’
BOOK
The Get Healthy Information and Coaching Service® is a free, confidential telephone Service funded by the Tasmanian Government. It helps people make lifestyle changes in relation to:

- Healthy eating
- Being physically active
- Achieving and maintaining a healthy weight

Qualified Get Healthy coaches will provide information and ongoing health coaching and support to help you achieve your health goals.

Just call 1300 806 258 Monday to Friday 8am – 8pm or visit www.gethealthy.tas.gov.au.
About the Blokes’ Book

A healthy man, in body and mind, means healthy relationships, healthy families and healthy communities. To help you on the path to good health, we’ve created the Blokes’ Book.

The Blokes’ Book is a directory of services, contacts, support groups, current information and commentary from services and men in our community.

We would like to acknowledge and thank 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.

This Tasmanian edition of the Blokes’ Booklet is brought to you by the Department of Health and Human Services, Men’s Services Network Tasmania, the Tasmanian Men’s Health and Wellbeing Association, Colony 47, Rural Alive and Well, and OzHelp.

Every effort has been made to provide accurate information in this publication. If you believe that we have omitted an important item or if you would like to be included in the next edition, please contact Men’s Health in the Department of Health and Human Services on 03 6222 7750, or menshealth@dhhs.tas.gov.au.

An online version of this booklet can be found at www.dhhs.tas.gov.au/mens_health
There is amazing strength, creativity, generosity and potential in the hearts, bodies and minds of men.

Men are a vital part of our community, deserving focused attention as do 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 men who need a bit of a helping hand.

brave, bold, benevolent, brotherly...

loving, laughter, likeable, loyal...

open and honest...

kind and thoughtful...

enthusiastic, energetic, enjoyable...

surprising, strong, supportive, sensual
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The web version of this guide includes the most up-to-date contact information and website links for all services listed here.  
Help, where do I start?

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 on the right page. Alternatively you can check the contents page and look up the specific section to match your need.

Mensline Australia 1300 789 978
Lifeline (24-hr) 13 11 14
Suicide Helpline 1800 191 919
www.crisissupport.org.au
Beyond Blue 1300 224 636
www.beyondblue.org
Kids Helpline 1800 551 800
www.kidshelp.com.au
(Telephone counselling for young people)
Parents Helpline (Tas) 1800 808 178
Men’s Domestic Violence (if you are being abused)
Safe at Home 1800 633 937
Family Violence Response and Referral Line
Telephone Interpreter Service 131450
<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Sexual Assault Support Services</td>
<td></td>
</tr>
<tr>
<td>Hobart</td>
<td>6231 1817</td>
</tr>
<tr>
<td>Launceston</td>
<td>6334 2740</td>
</tr>
<tr>
<td>North-west</td>
<td>6431 9711</td>
</tr>
<tr>
<td><strong>Aboriginal Health Service</strong></td>
<td>1800 132 260</td>
</tr>
<tr>
<td>(Tasmanian Aboriginal Centre)</td>
<td></td>
</tr>
<tr>
<td><strong>Family Relationship Advice Line</strong></td>
<td>1800 050 321</td>
</tr>
<tr>
<td>National call centre for Family Relationship Centres</td>
<td></td>
</tr>
<tr>
<td><strong>Family Drug Support</strong></td>
<td>1300 368 186</td>
</tr>
<tr>
<td>National call centre</td>
<td></td>
</tr>
<tr>
<td><strong>Gambling Helpline</strong></td>
<td>1800 858 858</td>
</tr>
<tr>
<td>Statewide</td>
<td></td>
</tr>
<tr>
<td><strong>Legal Aid Commission of Tasmania</strong></td>
<td>1300 366 611</td>
</tr>
<tr>
<td>Statewide</td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health Services Helpline</strong></td>
<td>1800 332 388</td>
</tr>
<tr>
<td><strong>Victims Support Service</strong></td>
<td>1300 663 773</td>
</tr>
<tr>
<td>Statewide</td>
<td></td>
</tr>
<tr>
<td><strong>Rural Alive and Well</strong></td>
<td>6259 3014</td>
</tr>
<tr>
<td><strong>Commonwealth Respite and Carelink Centres</strong></td>
<td>1800 052 222</td>
</tr>
<tr>
<td><strong>Relationships Australia (Tas)</strong></td>
<td>1300 364 277</td>
</tr>
<tr>
<td><strong>the blokes book</strong></td>
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</tr>
</tbody>
</table>
A place to stay...

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. The Neighbourhood Centre put me onto some accommodation support and other assistance. I’m slowly getting there now.”

Ross, 32

After hours emergency accommodation
1800 800 588 (statewide, after hours free call)

North-west

Central Coast
Access Northwest 6424 8581
Circular Head
Wyndarra Centre 6452 1981
West Coast
West Coast Crisis Accommodation and Referral Service 6471 4748
Young people (13-20 years)
Devonport
Youth and Family Focus 6424 7375
Burnie
Burnie Youth
Accommodation Service 6431 9230

North

Access North (Launceston)
Emergency Accommodation Service 6334 6060
Single men (20 years and over)
Launceston City Mission 6331 6999
Young men (13-20 years)
Youth Futures 6331 6622

www.sheltertas.org.au
### South

<table>
<thead>
<tr>
<th>Single men (20 years and over)</th>
<th>Bethlehem House</th>
<th>6234 4594</th>
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<tr>
<td>Young men (13-18 years)</td>
<td>Youth Accomm Services Tas</td>
<td>6224 3090</td>
</tr>
<tr>
<td>Young men (13-20 years)</td>
<td>Youthcare</td>
<td>6234 6316</td>
</tr>
</tbody>
</table>

### Transitional support for men

| Salvation Army Supported Housing | 6278 2817 |

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**Aboriginal Housing Services**

<table>
<thead>
<tr>
<th>Aboriginal Housing Services Tasmania</th>
<th>Ph: 6233 8521</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flinders Is Aboriginal Association Inc.</td>
<td>Ph: 6359 3532  Fax: 6359 3622</td>
</tr>
</tbody>
</table>

### Housing Tasmania offices

<table>
<thead>
<tr>
<th>Devonport (service outlet, no reception phone)</th>
<th>6434 6360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnie</td>
<td>6434 6360</td>
</tr>
<tr>
<td>Level 1, Reece House, 46 Mount Street, Burnie</td>
<td></td>
</tr>
<tr>
<td>Launceston (service outlet)</td>
<td>6336 2390</td>
</tr>
<tr>
<td>11 Cameron Street, Launceston</td>
<td></td>
</tr>
<tr>
<td>George Town (service outlet)</td>
<td>6382 8950</td>
</tr>
<tr>
<td>Council Chambers, 16-18 Anne Street, George Town</td>
<td></td>
</tr>
<tr>
<td>Glenorchy (service outlet)</td>
<td>6233 8970</td>
</tr>
<tr>
<td>Level 1, 2 Terry Street, Glenorchy</td>
<td></td>
</tr>
<tr>
<td>Hobart (formerly Bridgewater) (service outlet, no reception phone)</td>
<td>6233 8431</td>
</tr>
<tr>
<td>Located with Centrelink Office, 30 Barrack Street Hobart</td>
<td>6233 9698</td>
</tr>
<tr>
<td>Brighton</td>
<td>6233 8431</td>
</tr>
<tr>
<td>27 Greenpoint Road, Bridgewater</td>
<td></td>
</tr>
<tr>
<td>Clarence</td>
<td>6233 8431</td>
</tr>
<tr>
<td>46 Bligh Street, Rosny Park</td>
<td></td>
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**Things are pretty hard these days.**

I was having Weetbix for breakfast, lunch and tea.

St. Vinnie’s and the Salvos came to the rescue with a food voucher and some assistance to tide me over.

Barry, 65
Making sense of your dollars...

**Financial Help**

When I was retrenched, we were left with big bills and a mortgage.

“Through the community centre, I found out about a free financial service, so 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

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 some counselling services. Church groups of various denominations and many men’s groups also offer assistance.
Anglicare Financial Counselling (statewide) 1800 243 232

Centrelink Rural Service Officers
Drought Assistance 13 23 16
Farmer Assistance 1800 050 585

Consumer Credit Help Line 1800 232 500

Rural Financial Counselling Service 1300 883 276
(1300 88 FARM)
www.rfcstasmania.com.au
Offices in Launceston and Hobart—visits to properties can be arranged

Gambling Helpline (statewide) 1800 858 858

Indigenous Call Centre (for assistance with Centrelink)
National call centre 136 380

Relationships Australia
Statewide financial counselling 1300 364 277

Other general assistance

Centacare 1800 819 447
Hobart 6278 1660
Launceston 6331 9253
Burnie 6431 8555
Devonport 6423 6100

City Mission
Hobart 6215 4200
Launceston 6331 6999

Colony 47
Southern Tasmania 1800 265 669
(1800 COLONY)

Uniting Care Family Services
Northern Tasmania 6334 8000

Lifeline (statewide) 13 1114

Lifelink Samaritans
For all areas except Launceston 1300 364 566
Launceston 6331 3355

Salvation Army (statewide) 13 72 58
(13 SALVOS)
www.salvationarmy.org.au/tasmania

Rural Alive and Well
Rural Areas—Southern Midlands, Central Highlands and
East Coast 6259 3014

Society of St Vincent de Paul www.vinnies.org.au
Hobart 6234 4244
Launceston 6326 5551
Devonport 6427 7100
Burnie 6435 2323

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Legal Help

It got so 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.

Aboriginal Legal Service
Hobart 6234 0740
Launceston 6332 3823
Burnie 6431 3289

Community Legal Centres
Hobart Community Legal Service 6223 2500
Launceston Community Legal Centre 6334 1577
Devonport Community Legal Centre 6424 8720

Ombudsman Tasmania 1800 001 170
www.ombudsman.tas.gov.au

Legal Aid Commission of Tasmania 1300 366 611
www.legalaid.tas.gov.au

Law Court Information www.courts.tas.gov.au
If you’re looking for support and connection, community centres are a great place to start. Helping others and becoming involved in your local community through volunteering your time can also pull you out of a rut. In Tasmania there are a number of community centres, online centres, men’s sheds and other places where you can get support, or help yourself by volunteering and helping others.

**Men’s Sheds in Tasmania**

Men’s Sheds are a growing phenomenon, and they’re not just for old chippies. Anyone who wants to put their hands to use, or is looking for some social interaction can go along and take up the great opportunities Men’s Sheds can offer. Sheds are blokes’ territory, but without pressure to do too much or conform to too many rules. You can find the location of Tasmania’s Men’s Sheds by visiting www.mensshed.org.

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**Tasmanian Communities Online Access Centres**

There are over 60 online access centres around Tasmania, where you can get help to access the web, learn about computers, and find connections and activities within your community. Look up Online Access Centres in the White Pages or visit www.tco.asn.au for a list.

**Community and Neighbourhood Houses** 6228 6515

These are not just places for women! Check them out, chat to the staff and find out what’s happening for blokes in your community or neighbourhood house. The Tasmanian Association of Community Houses is the contact point for community and neighbourhood houses around the state. You can find your nearest house by calling 6244 1615 or online at www.tach.asn.au.

**Volunteering Tasmania** 1800 677 895

VT is the central point for volunteering opportunities in Tasmania. They have offices around the state, as well as an excellent website offering plenty of opportunities to support your community. Visit www.volunteeringtas.org.au
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.

If A.A. on Tuesday, N.A. on Thursday and G.A. on the weekend.

“Six cups of coffee, a pack of ciggies, a stick of pot and about four tallies for dinner. No, I don’t have a drug problem mate.”

Johnno, 28

Gambling

Gambling Helpline (statewide, 24-hour) www.gamblinghelponline.org.au
1800 858 858

TTY (freecall) 1800 777 706
24-hour online counselling and self-help

Break-even programs

Anglicare (statewide) 1800 243 232

Relationships Australia (statewide financial counselling) 1300 364 277
TTY (freecall) 1800 000 974

Quit smoking

QUIT Tasmania 13 7848
www.quittas.org.au

Alcohol and drugs

Alcohol and Drug Information Line (24-hour) 1800 811 994
www.dhhs.tas.gov.au

Alcohol and Drug Service Hobart 6230 7901
Launceston 6336 5577
Ulverstone 6429 8555
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.

Standard drinks measures

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Alcohol Content</th>
<th>Measure</th>
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</thead>
<tbody>
<tr>
<td>Sparkling Wine</td>
<td>15% alc/vol</td>
<td>100ml</td>
</tr>
<tr>
<td>Wine</td>
<td>16% alc/vol</td>
<td>100ml</td>
</tr>
<tr>
<td>Light Beer</td>
<td>2.7% alc/vol</td>
<td>425ml</td>
</tr>
<tr>
<td>Regular Beer</td>
<td>4.9% alc/vol</td>
<td>285ml</td>
</tr>
<tr>
<td>Fortified Wine</td>
<td>20% alc/vol</td>
<td>60ml</td>
</tr>
<tr>
<td>Spirits</td>
<td>40% alc/vol</td>
<td>30ml</td>
</tr>
</tbody>
</table>

Al-Anon
South 6234 8711
North 6334 7060
North-west 6427 7444
(Alcoholics Anonymous fellowship for family members and friends of alcoholics)

Drug Education Network Inc. 1300 369 319
Confidential information and referral line

Family Drug Support line 1300 368 186
Web: www.fds.org.au

Missiondale Therapeutic Recovery Centre 6391 8013
75 Leighlands Road, Evandale 7212

Tasmanian Council on AIDS, Hepatitis and Related Diseases (TasCAHRD) 1800 005 900
Needle and syringe program, information, referral and support.

Salvation Army Bridge Program
Residential and day services
South 6278 8140
North 6333 0488
North-west 6431 9124
www.salvationarmy.org.au

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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 Tasmania. Take a look at the Consumer, Family and Carer Support Guide available from the DHHS website, or call the helpline:

**DHHS Mental Health Services Helpline**

1800 332 388

Web: www.dhhs.tas.gov.au

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 some counselling and family support.

David, 68
### Community Mental Health Services

**Community Health Social Workers**  
Search for allied health and follow the links to services

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeline (24/7)</td>
<td>131 114</td>
<td></td>
</tr>
<tr>
<td>Suicide Help Line</td>
<td>1800 191 919</td>
<td></td>
</tr>
<tr>
<td>Beyond Blue</td>
<td>1300 224 636</td>
<td></td>
</tr>
<tr>
<td>Mensline Australia – talk with a bloke</td>
<td>1300 789 978</td>
<td></td>
</tr>
</tbody>
</table>

**Association of Relatives and Friends of the Mentally Ill (ARAFMI)**  
South 6228 7448  
North 6331 4486  
[www.arafmitas.org.au](http://www.arafmitas.org.au)

**Mental Health Advocacy**  
1800 005 131  
[www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)

**Mental Health Council of Tasmania**  
1800 808 890  
[www.mhct.org](http://www.mhct.org)

**National Dementia Helpline**  
1800 100 500

**Rural Alive and Well**  
6259 3014  
Rural Areas – Southern Midlands, Central Highlands and East Coast  

**Aspire – A Pathway to Mental Health**  
[www.aspire.org.au](http://www.aspire.org.au)

<table>
<thead>
<tr>
<th>Location</th>
<th>Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Launceston</td>
<td>6333 3111</td>
<td></td>
</tr>
<tr>
<td>Burnie</td>
<td>6431 8286</td>
<td></td>
</tr>
<tr>
<td>Hobart</td>
<td>6224 5247</td>
<td></td>
</tr>
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</table>

**Sage Hill Family and Friends**  
An out reach service that focuses on the needs of both families and friends.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Launceston</td>
<td>6323 6100</td>
<td></td>
</tr>
<tr>
<td>Burnie</td>
<td>6431 3772</td>
<td></td>
</tr>
</tbody>
</table>

**Tassiemale**  
1300 364 277  
Men’s groups program @ Relationships Australia

**Phoenix Centre**  
6234 9138  
Support services for Survivors of Torture and Trauma  
[www.mrchobart.org.au](http://www.mrchobart.org.au)

**Standby Response Service for people bereaved by suicide.**  
South 0400 183 490  
North 0439 556 660

**Vietnam Veterans and their Families Counselling Services**  
1800 011 046

**OzHelp** – Workplace mental health and wellbeing – training and support services  
1300 OZHELP (1300 694 357)  
[www.ozhelptasmania.org.au](http://www.ozhelptasmania.org.au)
Sometimes your relationship might need some extra help and support to thrive or to get over a hump. Or, if a relationship has broken down, changes to family life, living arrangements and access to children can be an overwhelming and painful experience. If you’re going through a difficult time in your relationship, help and support is available.

**Family Relationship Advice Line**
1800 050 321

**Relationships Australia**
1300 364 277
statewide (also Family Relationship Centres in Tasmania)

**Anglicare—Men’s Family Counselling**
South 6213 3555
Launceston 6333 3000
Devonport 6424 8581

**Centacare—Men’s Counselling**
Hobart 6278 1660
Launceston 6331 9253
Burnie 6431 8555

**Family Relationship Centres**
South 6211 2100
North and North-west 6336 7050

**Family Violence Counselling and Support Service (free call)**
1800 608 122

**Reconnect**

**Colony 47 (South)** 6214 1481
**Relationships Australia (North)** 6336 7000
**Anglicare (NW)** 6424 8581

**Rural Alive and Well** 6259 3014
Rural Areas—Southern Midlands Central Highlands and East Coast rawtas.com.au

**Tasmanian Men’s Health and Wellbeing Association (TasMen)** 6223 6900
www.tasmen.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
Children blossom with good parenting and a happy mum and dad, but it’s not always simple or easy. There are several services in Tasmania that can help with parenting and relationship skills, as well as separation and blended family issues.

**Child Health Centres**

The Department of Health and Human Services operates Child Health and Parenting Services through local community health centres. Check the White Pages under Health and Human Services or look up Child Health Centres on the DHHS website www.dhhs.tas.gov.au.

**Other Support for parents regarding children**

*Child Support Agency* (national)  
131 272  

*Carers Tasmania*  
National Carer support line  
Hobart  
Launceston  
Burnie

1800 242 636  
6231 5507  
6334 9917  
6432 1170  
www.carerstas.org

*continued next page...*
If you are thinking about starting a family, or are already pregnant as a couple, you will both want a healthy baby. Alcohol consumption during pregnancy can cause birth defects and disorders. If you and your partner normally drink alcohol it could be a good time to reassess the role of alcohol in your life. Men can support their partners to give up alcohol when planning a pregnancy or once pregnancy is confirmed. Not drinking at all is the safest option for mother and baby during pregnancy and breastfeeding. Cutting down intake has great benefits for Dads as well.
Aboriginal and Torres Strait Islander Organisations

Tasmanian Aboriginal health services

Tasmanian Aboriginal Health Service
56 Patrick St, Hobart 6234 0777
182 Charles St, Launceston 6331 6966
53 Alexander Street, Burnie 6431 3289

Australian Indigenous HealthInfoNet www.healthinfonet.ecu.edu.au

Educational Services

Centrelink—Abstudy 13 23 17

Aboriginal Legal Service
198 Elizabeth St, Hobart 6234 0700
182 Charles St, Launceston 6334 4140
53 Alexander Street Burnie 6431 3289

Aboriginal Court Support Officer 1300 663 773

Community Services

Tasmanian Aboriginal Centre 6234 0700
56 Patrick St, Hobart

South East Tasmania Aboriginal Corporation (SETAC) 6295 0004
19 Mary Street, Cygnet

Circular Head Aboriginal Corporation 6452 1287
10 King Street, Smithton

All general services provide assistance to all members of the Tasmanian community, including Tasmanian Aboriginal community members.
Physical health

Most blokes don’t seek help if they have a health hassle until it gets really bad.

“With some fellas – say, with heart, prostate or skin cancer – they 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. By far the leading causes of premature death in men are heart-related diseases. Various forms of cancer—especially lung cancer—stroke, diabetes and suicide are also common causes of premature death in men. So here’s a good place to start looking for health-related information.

Find a GP
Royal Australian College of General Practitioners
www.racgp.org.au/findapractice
Or check the Yellow Pages under medical practitioners.

Community Health Centres and Services
For a comprehensive list of Community Health Services across Tasmania check the White Pages under Health and Human Services, or visit the website www.dhhs.tas.gov.au.

Continence
State-wide Continence Service 1300 723 143
(A men’s clinic is available in Hobart at specified times)

Heart
Heart Foundation 1300 362 787
www.heartfoundation.org.au
A fantastic resource—information on heart health, activity programs and healthy nutrition.

Sexual health
Andrology Australia 1300 303 878
www.andrologyaustralia.org.au
Family Planning Tasmania
Free sexual health checks and advice about contraception and sexually transmitted infections.
Glenorchy 6273 9187
Launceston 6431 7692
Burnie 6343 4566

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

Man2Man 6234 1242
For men who have sex with men www.m2mtas.com

Sexual Health Service (state-wide service) 1800 675 859
Confidential, free sexual health checks and information

Tasmanian Council on AIDS, Hepatitis and Related Diseases (TasCAHRD) 1800 005 900
www.tascahrd.org.au
TasCAHRD is Tasmania’s primary, community-based organisation responding to HIV/AIDS and hepatitis C.

Hearing
National Relay Service 1800 555 660
Assistance for people with hearing or speech loss or impairment to use telephone services. www.relayservice.com.au

Hearing Link Tasmania 03 6231 6501
Free hearing screenings, assistive listening devices and support for people with hearing loss, tinnitus and Meniere’s. www.hearinglink.com.au

Cancer
Cancer Council Tasmania 13 11 20
www.cancertas.org.au

Cancer Screening and Control Services Tasmania 6216 4300
www.dhhs.tas.gov.au/cancerscreening/welcome

Prostate Cancer:
Prostate cancer is the most common cancer diagnosed in Australia and the second greatest cause of cancer deaths in men, after lung cancer. If diagnosed early, there are several treatment options. It is recommended that men aged over 40 with a family history of prostate cancer and men aged over 50 seek information about the benefits and harms of prostate cancer testing and discuss this with their doctor so that they can make informed decisions about testing for prostate cancer.

There are four Prostate Cancer Support groups in Tasmania (which are supported by the Cancer Council Tasmania and the Prostate Cancer Foundation Australia):

Prostate Cancer Support Groups www.pcfa.org.au
Hobart: 6225 0559 SouthEast: 6233 2030
Launceston: 6340 1222 NorthWest: 6429 8425

For more Information contact:

Prostate Cancer Foundation Australia 1800 220 099
www.prostate.org.au

Cancer Council Tasmania 13 11 20
www.cancertas.org.au
Physical health

Staying physically active and eating a healthy diet will do a lot to help maintain your health and wellbeing. There are plenty of options for keeping fit, besides the local footy or cricket team, so here are a few suggestions:

**Police Citizens Youth Clubs** (PCYC) www.pcyctas.org

PCYC operate gyms at very cheap rates and run other health and fitness programs. Go to www.pcyctas.org or contact your local PCYC:

- Hobart 6230 2246
- Clarence 6230 2832
- Bridgewater 6263 5277
- Sorell 6265 4951
- Rokeby (Police Academy) 6230 2000
- Launceston 6344 2411
- Burnie 6431 2139
- Huon Valley 6264 3100

**Heart Foundation** 1300 362 787
Local Walking Groups www.heartfoundation.org.au

**Commonwealth Respite and Carelink Centres**

Provide information about and referral to community, disability, aged and other support services to help people stay living in their own homes. Also provide Primary Carers with various respite options e.g. in home, residential respite, recreational activities in the community etc

1800 052 222 www.commcarelink.health.gov.au

**Get Active Program** 6222 7401
Contact the project officer for programs near you.

**Get Moving Tasmania** www.getmoving.tas.gov.au
An initiative of the Premier’s Physical Activity Council that offers tools for generating workplace-based health and wellbeing activities, walking groups, newsletters and more.

**Glenorchy on the Go** 6216 6394
Activities in the Glenorchy area.
Email Len Yeats: lyeats@gcc.tas.gov.au for the latest newsletter.

**Active Launceston** www.activelaunceston.com.au
Activities in the Launceston area.

**Burnie Moves** 6431 4513
Activities in the Burnie area.
**Council on the Ageing Tasmania**  
03 6228 1897  
www.cotatas.org

**Veterans and Veterans Families Counselling Service**  
1800 011 046

**Aged and Community Services Tasmania**  
6231 3100  
www.agedcaretas.org.au

**U3A University of the Third Age**  
www.u3aonline.org.au

**Get Moving Tasmania**  
1800 440 026  
www.getmoving.tas.gov.au  
Resources and information on physical activity across Tasmania.

**Seniors Bureau**  
1300 13 55 13  
The government website for information for seniors, including information on Seniors Card.

**Grandparents Raising Grandchildren Tasmania**  
6234 7948

**Hobart 50 and Better Centre**  
6234 1441  
108 Bathurst St, Hobart

**Carers Tasmania**  
1800 242 636  
www.carerstas.org

**Home and Community Care (HACC)**  
6221-0999  
www.dhhs.tas.gov.au/hacc  
Community care services to help frail aged people and younger people with disabilities, and their carers, to live independently. Translated information:  

**OMNI – Older Men New Ideas**  
6223 6900  
A men’s group for older men  
www.tasmen.org.au
Humanitarian Refugee settlement support:

**Centacare** (South) 6278 1660

**MRC North** (North and North West) 6332 2211

**Other Settlement Services**

**Migrant Resource Centre** (South) 6221 0999

**Migrant Resource Centre** (North) 6332 2211

**Migrant Resource Centre** (North West, Devonport) 6423 5598
Support for new arrivals settling in Tasmania and for older migrants.

**Phoenix Centre**
South 6221 0999
North 6331 2300
Support for survivors of torture and trauma including counselling, advocacy and natural therapy programs.


Asylum Seeker Assistance Service – health, legal, and practical supports.

Bi-cultural Community Health Program – supports for New Tasmanians to better understand and independently access health services.

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 war or disaster.

**Telephone Interpreter Service** 131 450

If you need an interpreter, call this service, tell them the language/dialect you speak.
Ask them to call the service you need and give them the number. Do not hang up.
Bi-Tasmania
0401 054 003
Social and support group for bisexual Tasmanians.

**East Coast Queer Life Support (ECQLS)**
www.ecqls.org

**Gay and Lesbian Switchboard**
1800 184 527
www.switchboard.org.au

**Gay Info Line**
6234 8179
24 hour recorded message service funded by GLC Centre.

**League of Gentlefellows**
www.logtas.org
Regional social events for rainbow people in a safe and caring environment.

Hobart
John Perry
johnp@logtas.org

King Huon
David Sinclair
davids@logtas.org

Nth
Donald Mc Donald
donmac@logtas.org

Nth West
Wilfred Laycock
64244438

State Women
Jo Goodman
jo@logtas.org

**MAN2MAN Program**
6234 1242
www.m2mtas.com

**Outright Youth**
Advocacy Support Network for students in High Schools/Colleges and University
joshua@logtas.org
c.lavicka@gmail.com

**Parents and Friends of Lesbian and Gays (PFLAG)**
www.pflagaustralia.org.au

**Relationships Australia — Groupwork with GLBTI community**
1300 364 277

**Sexual Health Service**
1800 675 859
www.dhhs.tas.gov.au/sexualhealth

**Tasmanian Council on AIDS, Hepatitis and Related Diseases**
TasCAHRD
1800 005 900 or 6234 1242
www.tascahrd.org.au
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>GLBTI community</td>
<td>...continued</td>
</tr>
<tr>
<td><strong>Youth</strong></td>
<td></td>
</tr>
<tr>
<td><strong>The Link Youth Health Service</strong></td>
<td>6231 2927</td>
</tr>
<tr>
<td>57 Liverpool St, Hobart</td>
<td></td>
</tr>
<tr>
<td><strong>Outright Youth</strong></td>
<td></td>
</tr>
<tr>
<td>Advocacy Support Network for students in High Schools/Colleges and University</td>
<td><a href="mailto:joshua@logtas.org">joshua@logtas.org</a>, <a href="mailto:clavicka@gmail.com">clavicka@gmail.com</a></td>
</tr>
<tr>
<td><strong>Pulse Youth Health Centre</strong></td>
<td>6233 8900</td>
</tr>
<tr>
<td>2 Terry Street, Glenorchy</td>
<td></td>
</tr>
<tr>
<td><strong>Headspace North</strong></td>
<td>6335 3100</td>
</tr>
<tr>
<td>includes: Cornerstone Youth Services inc</td>
<td></td>
</tr>
<tr>
<td>Cnr Brisbane and Wellington Streets, Launceston</td>
<td></td>
</tr>
<tr>
<td><strong>Parkside</strong></td>
<td>6440 7142</td>
</tr>
<tr>
<td>1 Strahan Street, Burnie</td>
<td></td>
</tr>
<tr>
<td><strong>YouthArc</strong></td>
<td>6231 5150</td>
</tr>
<tr>
<td>44 Collins Street, Hobart</td>
<td></td>
</tr>
<tr>
<td><strong>Centre for Multicultural Youth</strong></td>
<td>has information and advocates for the needs of young people from migrant and refugee backgrounds: <a href="http://www.cmy.net.au">www.cmy.net.au</a></td>
</tr>
</tbody>
</table>

**TasPride**
- www.taspride.com

**Tasmanian Gay & Lesbian Rights Group**
- 6224 3556
- www.tglrg.org

**Working It Out**
- www.workingitout.org.au
- South: 03 6231 1200
- North: 03 6334 4013
- North-west: 03 6432 3643

**Coming Out Proud Program**
- www.comingoutproud.org
- Greater/Hobart: Brian Doran, brian@logtas.org
- Kingborough/Huon: Jo Goodman, jo@logtas.org
- Launceston/East Coast: Donald Mc Donald, donmac@logtas.org
- Nth West/West Coast: Wilfred Laycock, 0427277379
### People with Disabilities

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmanians With Disabilities</td>
<td>6278 8023</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.twd.org.au">www.twd.org.au</a></td>
</tr>
<tr>
<td>20 Creek Road, Lenah Valley, 7008</td>
<td></td>
</tr>
<tr>
<td>Association for Children with Disability</td>
<td>1800 244 742</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.acdtas.com.au">www.acdtas.com.au</a></td>
</tr>
<tr>
<td>Advocacy Tasmania</td>
<td>1800 005 131 (clients only)</td>
</tr>
<tr>
<td></td>
<td>6224 2240</td>
</tr>
<tr>
<td></td>
<td>1300 555 727 (SSR)</td>
</tr>
<tr>
<td></td>
<td>13 3677 (TTY/TTD/Voice)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.advocacytasmania.org.au">www.advocacytasmania.org.au</a></td>
</tr>
<tr>
<td>Family Planning – Disability Support</td>
<td>6273 9187</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.fpt.asn.au/education/disability-services">www.fpt.asn.au/education/disability-services</a></td>
</tr>
<tr>
<td>National Ethnic Disability Alliance</td>
<td><a href="http://www.neda.org.au">www.neda.org.au</a></td>
</tr>
<tr>
<td>National Ethnic Disability Alliance has information and advocates for the needs of people from non-English speaking backgrounds with disability, their families and carers.</td>
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<tr>
<td>DHHS Disability Services</td>
<td>1800 171 233</td>
</tr>
<tr>
<td>Gateway Services</td>
<td>1800 171 233</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.dhhs.tas.gov.au/disability/gateway_services">www.dhhs.tas.gov.au/disability/gateway_services</a></td>
</tr>
<tr>
<td>NW</td>
<td>Suite 1/40 Cattley St, Burnie</td>
</tr>
<tr>
<td></td>
<td>56-58 Oldaker St, Devonport</td>
</tr>
<tr>
<td>North</td>
<td>Level 1, 8 Boland St, Launceston</td>
</tr>
<tr>
<td>SE</td>
<td>Shop 2, 2 Gordons Hill Rd, Rosny</td>
</tr>
<tr>
<td>SW</td>
<td>Ground Floor, 175 Collins St, Hobart</td>
</tr>
</tbody>
</table>

### People who are Hearing and/or Speech impaired

- **National Relay Service**: 1800-555-660
- **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. Thanks to the men in Tasmene for their contributions!

**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 Boots
- 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
- The Rough Guide to Men’s Health
- The Real Man’s Toolbox
- Daughters and their Dads
- Brokeback Mountain
- The Shawshank Redemption
- Gran Torino
- Kinky Boots
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- Billy Elliot
- The World’s Fastest Indian
- The Last King of Scotland
- Where the Wild Things Are
- The Rough Guide to Men’s Health
- The Real Man’s Toolbox
- Daughters and their Dads
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>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
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<td></td>
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<tr>
<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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<tr>
<td>Bowel cancer</td>
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<td></td>
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<tr>
<td>Prostate cancer</td>
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<td></td>
<td></td>
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<tr>
<td>Other types of cancer</td>
<td></td>
<td></td>
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</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:

**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

**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
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>Websites for Issues Relevant to Men</th>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Family Relationships</td>
<td><a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a></td>
</tr>
<tr>
<td>Andrology Australia</td>
<td><a href="http://www.andrologyaustralia.org">www.andrologyaustralia.org</a></td>
</tr>
<tr>
<td>Aboriginal Men’s and Boys’ 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>
</tr>
<tr>
<td>Dads in Distress</td>
<td><a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a></td>
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<td>Dads on the air</td>
<td><a href="http://www.dadsontheair.net">www.dadsontheair.net</a></td>
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<tr>
<td>Family Court Counselling</td>
<td><a href="http://www.familycourt.com.au">www.familycourt.com.au</a></td>
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<tr>
<td>Family Violence</td>
<td><a href="http://www.oneinthree.com.au">www.oneinthree.com.au</a></td>
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<td>Foundation 49—Men’s Health</td>
<td><a href="http://www.49.com.au">www.49.com.au</a></td>
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<td>M5 Project</td>
<td><a href="http://www.m5project.com.au">www.m5project.com.au</a></td>
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<td>Mankind Project Australia</td>
<td><a href="http://www.mankindproject.org.au">www.mankindproject.org.au</a></td>
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<td>Mensline Australia</td>
<td><a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a></td>
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<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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<td>Men’s Health Australia</td>
<td><a href="http://www.menshealthaustralia.net">www.menshealthaustralia.net</a></td>
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<td>Men’s Sheds</td>
<td><a href="http://www.mensshed.org">www.mensshed.org</a></td>
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<td>OzHelp Tasmania</td>
<td><a href="http://www.ozhelptasmania.org.au">www.ozhelptasmania.org.au</a></td>
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<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>Rural Alive and Well</td>
<td><a href="http://www.rawtas.com.au">www.rawtas.com.au</a></td>
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<tr>
<td>Rural Areas—Southern Midlands, Central Highlands and East Coast</td>
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<tr>
<td>Tasmanian Men’s Health and Wellbeing Association</td>
<td><a href="http://www.tasmen.org.au">www.tasmen.org.au</a></td>
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<tr>
<td>Vietnam Veterans Association</td>
<td><a href="http://www.vvaa.org.au">www.vvaa.org.au</a></td>
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With thanks for the support of the following organisations:

Please send your recommendations for the next update to:

menshealth@dhhs.tas.gov.au

Check the website for updated information.

www.dhhs.tas.gov.au/mens_health