

# THE **blokes'** BOOK



Tasmania  
Explore the possibilities

**FREE**  
Tasmanian Health Service

*get healthy*®

Information & Coaching Service

The Get Healthy Information & Coaching Service®  
is a NSW Health Live Life Well Initiative.

**1 300 806 258**

Monday - Friday 8am - 8pm

> **Healthy eating** > **Being physically active** > **Achieving and maintaining a healthy weight**



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](http://www.gethealthy.tas.gov.au)**.

 **Tasmania**  
Explore the possibilities

## 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.

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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](mailto:menshealth@dhhs.tas.gov.au).

An online version of this booklet can be found at

[www.dhhs.tas.gov.au/mens\\_health](http://www.dhhs.tas.gov.au/mens_health)



B

brave, bold, benevolent, brotherly...

L

loving, laughter, likeable, loyal...

O

open and honest...

K

kind and thoughtful...

E

enthusiastic, energetic, enjoyable...

S

surprising, strong, supportive, sensual

*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.*

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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.

Visit: [www.dhhs.tas.gov.au/mens\\_health](http://www.dhhs.tas.gov.au/mens_health)

# Turn the corner...

## 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](http://www.crisissupport.org.au)

**Beyond Blue** 1300 224 636  
[www.beyondblue.org](http://www.beyondblue.org)

**Kids Helpline** 1800 551 800  
[www.kidshelp.com.au](http://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

## **Sexual Assault Support Services**

Hobart	6231 1817
Launceston	6334 2740
North-west	6431 9711

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<b>Aboriginal Health Service</b> (Tasmanian Aboriginal Centre)	1800 132 260
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<b>Family Relationship Advice Line</b>	1800 050 321
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*National call centre for Family Relationship Centres*

<b>Family Drug Support</b>	1300 368 186
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National call centre

<b>Gambling Helpline</b>	1800 858 858
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Statewide

<b>Legal Aid Commission of Tasmania</b>	1300 366 611
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Statewide

<b>Mental Health Services Helpline</b>	1800 332 388
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<b>Victims Support Service</b>	1300 663 773
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Statewide

## **Rural Alive and Well**

6259 3014

[www.rawtas.com.au](http://www.rawtas.com.au)

*Rural Areas–Southern Midlands, Central Highlands and East Coast*

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## **Commonwealth Respite and Carelink Centres**

1800 052 222

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

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## **Relationships Australia** (Tas)

1300 364 277



# 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

[www.sheltertas.org.au](http://www.sheltertas.org.au)

### **After hours emergency accommodation**

1 800 800 588 (statewide, after hours free call)

#### **North-west**

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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**

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**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



## South

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Single men (20 years and over)

**Bethlehem House** 6234 4594

Young men (13-18 years)

**Youth Accom Services Tas** 6224 3090

Young men (13-20 years)

**Youthcare** 6234 6316

## Transitional support for men

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**Salvation Army Supported Housing** 6278 2817

*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

## Aboriginal Housing Services

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**Aboriginal Housing Services Tasmania**

Ph: 6233 8521

**Flinders Is Aboriginal Association Inc.**

Ph: 6359 3532 Fax: 6359 3622

## Housing Tasmania offices

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**Devonport** (service outlet, no reception phone)

6434 6360

23 Steel Street

**Burnie**

6434 6360

Level 1, Reece House, 46 Mount Street, Burnie

**Launceston**

6336 2390

11 Cameron Street, Launceston

**George Town** (service outlet)

6382 8950

Council Chambers, 16-18 Anne Street, George Town

**Glenorchy**

6233 8970

Level 1, 2 Terry Street, Glenorchy

**Hobart**

Located with Centrelink Office, 30 Barrack Street Hobart

6233 9698

**Brighton** (formerly Bridgewater) (service outlet, no reception phone)

6233 8431

27 Greenpoint Road, Bridgewater

**Clarence**


6233 8431

46 Bligh Street, Rosny Park

The Department of Health and Human Services housing web portal:

[www.dhhs.tas.gov.au/services/channels/abouthousing](http://www.dhhs.tas.gov.au/services/channels/abouthousing)

## 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) 1 800 243 232

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**Centrelink Rural Service Officers**

Drought Assistance 13 23 16

Farmer Assistance 1 800 050 585

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**Consumer Credit Help Line** 1 800 232 500

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**Rural Financial Counselling Service** 1 300 883 276

(1 300 88 FARM)

[www.rfcstasmania.com.au](http://www.rfcstasmania.com.au)

Offices in Launceston and Hobart—visits to properties can be arranged

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**Gambling Helpline** (statewide) 1 800 858 858

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**Indigenous Call Centre** (for assistance with Centrelink)

National call centre 136 380

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**Relationships Australia**

Statewide financial counselling 1 300 364 277

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**Other general assistance**

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**Centacare** 1 800 819 447

Hobart 6278 1660

Launceston 6331 9253

Burnie 6431 8555

Devonport 6423 6100

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**City Mission**

Hobart 6215 4200

Launceston 6331 6999

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**Colony 47**

Southern Tasmania 1 800 265 669

(1 800 COLONY)

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**Uniting Care Family Services**

Northern Tasmania 6334 8000

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**Lifeline** (statewide) 13 1114

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**Lifelink Samaritans**

For all areas except Launceston 1 300 364 566

Launceston 6331 3355

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**Salvation Army** (statewide) 13 72 58

(13 SALVOS)

[www.salvationarmy.org.au/tasmania](http://www.salvationarmy.org.au/tasmania)

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**Rural Alive and Well**

Rural Areas—Southern Midlands, Central Highlands and

East Coast 6259 3014

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**Society of St Vincent de Paul** [www.vinnies.org.au](http://www.vinnies.org.au)

Hobart 6234 4244

Launceston 6326 5551

Devonport 6427 7100

Burnie 6435 2323

## 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*** 1 800 001 170  
[www.ombudsman.tas.gov.au](http://www.ombudsman.tas.gov.au)

***Legal Aid Commission of Tasmania*** 1 300 366 611  
[www.legalaid.tas.gov.au](http://www.legalaid.tas.gov.au)

***Law Court Information*** [www.courts.tas.gov.au](http://www.courts.tas.gov.au)

# community... *be part of something*



*When life seems like it's never meant to be easy...* Bob, 66

**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.**

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## **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](http://www.mensshed.org).

## **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](http://www.tco.asn.au) for a list.

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## **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](http://www.tach.asn.au).


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## **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](http://www.volunteeringtas.org.au)

# habits *and addiction*



*I do 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

**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 dependency.**

## **Gambling**

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**Gambling Helpline** 1800 858 858  
(statewide, 24-hour) [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

**Multicultural Gamblers Help Program** [www.ceh.org.au/mghp.aspx](http://www.ceh.org.au/mghp.aspx)

**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**

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**QUIT Tasmania** 13 7848  
[www.quittas.org.au](http://www.quittas.org.au)

## **Alcohol and drugs**

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**Alcohol and Drug Information Line** 1800 811 994  
(24-hour)

**Alcohol and Drug Service** [www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)  
Hobart 6230 7901  
Launceston 6336 5577  
Ulverstone 6429 8555

## Standard drinks measures



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

### 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](http://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.

### 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.

### Salvation Army Bridge Program

Residential and day services

South 6278 8140

North 6333 0488

North-west 6431 9124

[www.salvationarmy.org.au](http://www.salvationarmy.org.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

**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](http://www.dhhs.tas.gov.au)



## Community Mental Health Services

**Community Health Social Workers** [www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)

Search for allied health and follow the links to services

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**Lifeline** (24/7) 131 114

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**Suicide Help Line** 1800 191 919

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**Beyond Blue** 1300 224 636

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**Mensline Australia**—talk with a bloke 1300 789 978

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**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)

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**Mental Health Advocacy** 1800 005 131

[www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)

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**Mental Health Council of Tasmania** 1800 808 890

[www.mhct.org](http://www.mhct.org)

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**National Dementia Helpline** 1800 100 500

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**Rural Alive and Well** 6259 3014

Rural Areas—Southern Midlands,  
Central Highlands and East Coast [rawtas.com.au](http://rawtas.com.au)

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

Launceston 6333 3111

Burnie 6431 8286

Hobart 6224 5247

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**Sage Hill Family and Friends**

An out reach service that focuses on the needs of both families and friends.

Launceston 6323 6100

Burnie 6431 3772

[www.aspire.org.au/sage-hill-family-friends](http://www.aspire.org.au/sage-hill-family-friends)

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**Tassiemale** 1300 364 277

Men's groups program @ Relationships Australia

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**Phoenix Centre** 6234 9138

Support services for Survivors of Torture and Trauma

[www.mrchobart.org.au](http://www.mrchobart.org.au)

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**Standby Response Service for people bereaved by suicide.**

South 0400 183 490

North 0439 556 660

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**Vietnam Veterans and their Families Counselling Services**

1800 011 046

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**OzHelp**—Workplace mental health and wellbeing – training and support services 1300 OZHELP (1300 694 357)

[www.ozhelptasmania.org.au](http://www.ozhelptasmania.org.au)

# men and *relationships*

## Things were pretty bad

“when we went to get help. They helped us with the practical hassles and the communication—that was the problem.”

Grant, 32

**Sometimes your relationship might need some extra help and support to thrive or to get over a 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.**

### 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](http://rawtas.com.au)

**Tasmanian Men's Health and Wellbeing**

**Association (TasMen)** 6223 6900

[www.tasmen.org.au](http://www.tasmen.org.au)

#### 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

# fathers *and mentoring*

**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](http://www.dhhs.tas.gov.au).

## **Other Support for parents regarding children**

*Child Support Agency* (national)

131 272

[www.csa.gov.au/index.aspx](http://www.csa.gov.au/index.aspx)

*Carers Tasmania*

National Carer support line

Hobart

Launceston

Burnie

1800 242 636

6231 5507

6334 9917

6432 1170

[www.carerstas.org](http://www.carerstas.org)

*continued next page...*

*I'm a good dad.*





**Dad's Appreciating Disabilities** [www.dadsaustralia.org.au](http://www.dadsaustralia.org.au)  
Support for fathers of children with disabilities (National)

**Dads and Daughters** (National) [www.dadsanddaughters.org](http://www.dadsanddaughters.org)

## **Family Planning Tasmania**

Hobart 6228 5422  
Launceston 6343 4566  
Burnie 6431 7692

**Fathers for Equality** (National) [www.f4e.com.au](http://www.f4e.com.au)

**Good Beginnings** (South) 0421 575 717  
[www.goodbeginnings.net.au](http://www.goodbeginnings.net.au)

**Natural Parenting** (National) [www.naturalparenting.com.au](http://www.naturalparenting.com.au)

**Parenting Helpline** 1300 808 178  
[www.parentline.org.au](http://www.parentline.org.au)

## **Parenting Centres**

Hobart 6233 2700  
Launceston 6326 6188  
Burnie 6434 6201

**Playgroup Association of Tasmania** 1800 171 882  
[www.playgroupaustralia.com.au/tas](http://www.playgroupaustralia.com.au/tas)

## thinking about becoming a dad?

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.

**Raising Children Network** (National) 132 055  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Tasmanian Men's Health and Wellbeing Association (TasMen)** 6223 6900  
[www.tasmen.org.au](http://www.tasmen.org.au)

**Becoming Men, Rights of Passage programs** 62236900  
[www.tasmen.org.au](http://www.tasmen.org.au)

## 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.healthinfolnet.ecu.edu.au](http://www.healthinfolnet.ecu.edu.au)

### Educational Services

<i>Centrelink—Abstudy</i>	13 23 17
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#### **Aboriginal Legal Service**

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

<i>Aboriginal Court Support Officer</i>	1300 663 773
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### Community Services

<i>Tasmanian Aboriginal Centre</i>	6234 0700
56 Patrick St, Hobart	

<i>South East Tasmania Aboriginal Corporation (SETAC)</i>	
19 Mary Street, Cygnet	6295 0004

<i>Circular Head Aboriginal Corporation</i>	
10 King Street, Smithton	6452 1287



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](http://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](http://www.dhhs.tas.gov.au).

## **Continence**

*State-wide Continence Service*

1 300 723 143

(A men's clinic is available in Hobart at specified times)

## **Heart**

*Heart Foundation*

1 300 362 787

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

A fantastic resource—information on heart health, activity programs and healthy nutrition.

## **Sexual health**

*Andrology Australia*

1 300 303 878

[www.andrologyaustralia.org.au](http://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

<b>Impotence Australia</b>	1800 800 614
	<a href="http://www.impotenceaustralia.com.au">www.impotenceaustralia.com.au</a>

<b>Man2Man</b>	6234 1242
For men who have sex with men	<a href="http://www.m2mtas.com">www.m2mtas.com</a>

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

<b>Tasmanian Council on AIDS, Hepatitis and Related Diseases</b> (TasCAHRD)	1800 005 900
	<a href="http://www.tascahrd.org.au">www.tascahrd.org.au</a>

TasCAHRD is Tasmania's primary, community-based organisation responding to HIV/AIDS and hepatitis C.

### **Hearing**

<b>National Relay Service</b>	1800 555 660
Assistance for people with hearing or speech loss or impairment to use telephone services.	<a href="http://www.relayservice.com.au">www.relayservice.com.au</a>

<b>Hearing Link Tasmania</b>	03 6231 6501
Free hearing screenings, assistive listening devices and support for people with hearing loss, tinnitus and Meniere's.	<a href="http://www.hearinglink.com.au">www.hearinglink.com.au</a>

### **Cancer**

#### **Cancer Council Tasmania**

13 11 20  
[www.cancertas.org.au](http://www.cancertas.org.au)

<b>Cancer Screening and Control Services Tasmania</b>	6216 4300
	<a href="http://www.dhhs.tas.gov.au/cancerscreening/welcome">www.dhhs.tas.gov.au/cancerscreening/welcome</a>

### **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):

<b>Prostate Cancer Support Groups</b>		<a href="http://www.pcfaustralia.org.au">www.pcfaustralia.org.au</a>	
Hobart:	6225 0559	SouthEast:	6233 2030
Launceston:	6340 1222	NorthWest:	6429 8425

*For more information contact:*

<b>Prostate Cancer Foundation Australia</b>	1800 220 099
	<a href="http://www.prostate.org.au">www.prostate.org.au</a>

<b>Cancer Council Tasmania</b>	131120
	<a href="http://www.cancertas.org.au">www.cancertas.org.au</a>

## 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.pcyc.tas.org](http://www.pcyc.tas.org)

PCYC operate gyms at very cheap rates and run other health and fitness programs. Go to [www.pcyc.tas.org](http://www.pcyc.tas.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](http://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](http://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](http://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](mailto:lyeats@gcc.tas.gov.au) for the latest newsletter.

**Active Launceston** [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Activities in the Launceston area.

**Burnie Moves** 6431 4513

Activities in the Burnie area. [www.burniemoves.com.au](http://www.burniemoves.com.au)



# older *and wiser*

**Council on the Ageing Tasmania** 03 6228 1897  
[www.cotatas.org](http://www.cotatas.org)

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

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**Aged and Community Services Tasmania** 6231 3100  
[www.agedcaretas.org.au](http://www.agedcaretas.org.au)

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**U3A University of the Third Age**  
[www.u3aonline.org.au](http://www.u3aonline.org.au)

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**Get Moving Tasmania** 1800 440 026  
[www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au)  
Resources and information on physical activity  
across Tasmania.

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**OMNI – Older Men New Ideas** 6223 6900  
A men's group for older men [www.tasmen.org.au](http://www.tasmen.org.au)

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**Seniors Bureau** 1300 13 55 13  
[www.dpac.tas.gov.au/divisions/cdd/seniors](http://www.dpac.tas.gov.au/divisions/cdd/seniors)

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The government website for information for  
seniors, including information on Seniors Card.

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**Grandparents Raising  
Grandchildren Tasmania** 6234 7948

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

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**Carers Tasmania** 1800 242 636  
[www.carerstas.org](http://www.carerstas.org)

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**Home and Community Care (HACC)** 6221-0999  
[www.dhhs.tas.gov.au/hacc](http://www.dhhs.tas.gov.au/hacc)

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Community care services to help frail aged people  
and younger people with disabilities, and their carers,  
to live independently. Translated information:  
[www.dhhs.tas.gov.au/hacc/non-english](http://www.dhhs.tas.gov.au/hacc/non-english)



# culturally and

## linguistically diverse community



Humanitarian Refugee settlement support:

**Centacare** (South) 6278 1660

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

**Other Settlement Services**

[www.immi.gov.au/living-in-australia/settle-in-australia/find-help/where-to-help/](http://www.immi.gov.au/living-in-australia/settle-in-australia/find-help/where-to-help/)

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**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.

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**Phoenix Centre**

South 6221 0999

North 6331 2300

Support for survivors of torture and trauma including counselling, advocacy and natural therapy programs.

**Red Cross**

[www.redcross.org.au/TAS](http://www.redcross.org.au/TAS)

Freecall: 1800-246-850

*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.



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**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.

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***East Coast Queer Life Support (ECQLS)***    [www.ecqls.org](http://www.ecqls.org)

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***Gay and Lesbian Switchboard***    1800 184 527  
[www.switchboard.org.au](http://www.switchboard.org.au)

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

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***League of Gentlefellows***    [www.logtas.org](http://www.logtas.org)  
 Regional social events for rainbow people in a safe and caring environment.

Hobart	John Perry	<a href="mailto:johnp@logtas.org">johnp@logtas.org</a>
King Huon	David Sinclair	<a href="mailto:davids@logtas.org">davids@logtas.org</a>
Nth	Donald Mc Donald	<a href="mailto:donmac@logtas.org">donmac@logtas.org</a>
Nth West	Wilfred Laycock	64244438
State Women	Jo Goodman	<a href="mailto:jo@logtas.org">jo@logtas.org</a>

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***MAN2MAN Program***    6234 1242  
[www.m2mtas.com](http://www.m2mtas.com)

## ***Outright Youth***

Advocacy Support Network for students in High Schools/  
 Colleges and University

[joshua@logtas.org](mailto:joshua@logtas.org)  
[c.lavicka@gmail.com](mailto:c.lavicka@gmail.com)

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## ***Parents and Friends of Lesbian and Gays (PFLAG)***

[www.pflagaustralia.org.au](http://www.pflagaustralia.org.au)

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## ***Relationships Australia – Groupwork with GLBTI community***

1300 364 277

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***Sexual Health Service***    1800 675 859  
[www.dhhs.tas.gov.au/sexualhealth](http://www.dhhs.tas.gov.au/sexualhealth)

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## ***Tasmanian Council on AIDS, Hepatitis and Related Diseases***

TasCAHRD    1800 005 900 or 6234 1242  
[www.tascahrd.org.au](http://www.tascahrd.org.au)

# GLBTI community ...continued

**TasPride** [www.taspride.com](http://www.taspride.com)

**Tasmanian Gay & Lesbian Rights Group** 6224 3556  
[www.tglrg.org](http://www.tglrg.org)

**Working It Out** [www.workingitout.org.au](http://www.workingitout.org.au)  
South 03 6231 1200  
North 03 6334 4013  
North-west 03 6432 3643

**Coming Out Proud Program** [www.comingoutproud.org](http://www.comingoutproud.org)

Greater/Hobart	Brian Doran	<a href="mailto:brian@logtas.org">brian@logtas.org</a>
Kingborough/Huon,	Jo Goodman	<a href="mailto:jo@logtas.org">jo@logtas.org</a>
Launceston/East Coast	Donald Mc Donald	<a href="mailto:donmac@logtas.org">donmac@logtas.org</a>
Nth West/West Coast	Wilfred Laycock	0427277379

## Youth

**The Link Youth Health Service** 6231 2927  
57 Liverpool St, Hobart

### Outright Youth

Advocacy Support Network for students in High Schools/  
Colleges and University

[joshua@logtas.org](mailto:joshua@logtas.org)  
[c.lavicka@gmail.com](mailto:c.lavicka@gmail.com)

**Pulse Youth Health Centre** 6233 8900  
2 Terry Street, Glenorchy

**Headspace North** 6335 3100  
*includes: Cornerstone Youth Services inc*  
Cnr Brisbane and Wellington Streets, Launceston

**Parkside** 6440 7142  
1 Strahan Street, Burnie

**YouthArc** 6231 5150  
44 Collins Street, Hobart

**Centre for Multicultural Youth** has information and advocates  
for the needs of young people from migrant and refugee  
backgrounds: [www.cmy.net.au](http://www.cmy.net.au)

# people with disabilities

**Tasmanians With Disabilities** 6278 8023  
20 Creek Road, Lenah Valley, 7008 [www.twd.org.au](http://www.twd.org.au)

**Association for Children with Disability** 1800 244 742  
[www.acdtas.com.au](http://www.acdtas.com.au)

**Advocacy Tasmania** 1800 005 131 (clients only)  
6224 2240  
1300 555 727 (SSR)  
13 3677 (TTY/TTD/Voice)  
[www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)

**Family Planning –Disability Support** 6273 9187  
[www.fpt.asn.au/education/disability-services](http://www.fpt.asn.au/education/disability-services)

**National Ethnic Disability Alliance** [www.neda.org.au](http://www.neda.org.au)  
National Ethnic Disability Alliance has information and advocates for the needs of people from non-English speaking backgrounds with disability, their families and carers.

**DHHS Disability Services** 1800 171 233  
[www.dhhs.tas.gov.au/service\\_informations/disability/disability\\_services](http://www.dhhs.tas.gov.au/service_informations/disability/disability_services)



**Gateway Services** 1800 171 233  
[www.dhhs.tas.gov.au/disability/gateway\\_services](http://www.dhhs.tas.gov.au/disability/gateway_services)

NW Suite 1/40 Cattley St, Burnie  
56-58 Oldaker St, Devonport

North Level 1, 8 Boland St, Launceston

SE Shop 2, 2 Gordons Hill Rd, Rosny

SW Ground Floor, 175 Collins St, Hobart

**People who are Hearing and/or  
Speech impaired**  
[www.relayservice.com.au](http://www.relayservice.com.au)  
1800-555-660



If you are deaf, or have a hearing impairment or speech impairment, contact services through the National Relay Service:

- TTY users phone 1800 555 677 then give the telephone number of the service you want.
- Speak and Listen users phone 1800 555 727 then give the telephone number of the service you want .
- Internet relay users connect to the NRS ([www.relayservice.com.au](http://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 *Tasmen* 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*

## **Books**

*Tuesdays with Morrie*

*Mitch Albom*

*Why Warriors Lie Down  
and Die* Richard Trugden

*Manhood, Stories of Manhood,  
The Secret of Raising Children,  
Raising Boys* Steve Biddulph

*The Rough Guide to Men's  
Health* Lloyd Bradley

*The Real Man's Toolbox*  
Tammy Farrell

*Men's Health and Wellbeing –  
an A–Z Guide*  
Greg Millan

*Daughters and their Dads*  
Bruce Robinson

# men's health check questionnaire

This questionnaire is adapted from the M5 Project

THE **M5** PROJECT  
MEN'S PREVENTIVE HEALTH

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Your general practitioner (GP) is there to treat you if you feel unwell, but also to prevent future health problems. One way of doing this is to identify existing or potential things that may affect your health (known as 'risk factors'). Your GP may want to detect an illness in its early stages so that it can be treated more effectively. This could involve tests such as checking your blood pressure. Preventive care also includes advice and support for ways to improve your health. Your GP can offer such advice and provide you with information you may need to improve your health. You can prevent many illnesses by making some simple changes in the way you live. If you have a family history of, for example, heart disease or stroke, your GP may want to discuss this with you.

Please complete the following questions to help identify your risk factors.

## Family history

Do you have a family history of any of the following?

Heart disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Stroke	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Alcohol related conditions	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Mental illness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Bowel cancer	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Prostate cancer	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Other types of cancer	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure

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

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## 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

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## Immunisation

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

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## 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

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## 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

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## 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  $\frac{1}{4}$  rock melon
- $\frac{1}{2}$  cup of fruit juice
- 4 dried apricots or 1  $\frac{1}{2}$  tablespoons of sultanas
- 1 cup of canned or fresh fruit salad

*Vegetables*

- $\frac{1}{2}$  cup of cooked vegetables (75g)
- 1 medium potato
- 1 cup of salad vegetables

**See page 15 for  
standard drink  
measures**

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

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### 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

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### 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](http://www.m5project.com.au)

THE **M5** PROJECT  
MEN'S PREVENTIVE HEALTH

**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.**

*Australian Family Relationships* [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

*Andrology Australia* [www.andrologyaustralia.org](http://www.andrologyaustralia.org)

*Aboriginal Men's and Boys' Health* [www.ahmrc.org.au/amh/amh](http://www.ahmrc.org.au/amh/amh)

*Centre for Advancement of Men's Health* [www.mannet.com.au](http://www.mannet.com.au)

*Dads in Distress* [www.dadsindistress.asn.au](http://www.dadsindistress.asn.au)

*Dads 'N' Kids* [www.nor.com.au/community/dids](http://www.nor.com.au/community/dids)

*Dads on the air* [www.dadsontheair.net](http://www.dadsontheair.net)

*Family Court Counselling* [www.familycourt.com.au](http://www.familycourt.com.au)

*Family Violence* [www.oneinthree.com.au](http://www.oneinthree.com.au)

*Foundation 49—Men's Health* [www.49.com.au](http://www.49.com.au)

*M5 Project* [www.m5project.com.au](http://www.m5project.com.au)

*Mankind Project Australia* [www.mankindproject.org.au](http://www.mankindproject.org.au)

*Mensline Australia* [www.menslineaus.org.au](http://www.menslineaus.org.au)

*Men's Advisory Network (W.A.)* [www.man.org.au](http://www.man.org.au)

*Men's Health Australia* [www.menshealthaustralia.net](http://www.menshealthaustralia.net)

*Men's Rights Agency* [www.mensrights.com.au](http://www.mensrights.com.au)

*Men's Sheds* [www.mensshed.org](http://www.mensshed.org)

*OzHelp Tasmania* [www.ozhelptasmania.org.au](http://www.ozhelptasmania.org.au)

*Prostate Cancer Foundation Australia* [www.prostate.org.au](http://www.prostate.org.au)

*Rural Alive and Well* [www.rawtas.com.au](http://www.rawtas.com.au)

Rural Areas—Southern Midlands, Central Highlands and East Coast

*Tasmanian Men's Health and Wellbeing Association* [www.tasmen.org.au](http://www.tasmen.org.au)

*Vietnam Veterans Association* [www.vvaa.org.au](http://www.vvaa.org.au)

With thanks for the support of the following organisations:



*Please send your recommendations for the next update to:*

**[menshealth@dhhs.tas.gov.au](mailto:menshealth@dhhs.tas.gov.au)**

*Check the website for updated information.*

**[www.dhhs.tas.gov.au/mens\\_health](http://www.dhhs.tas.gov.au/mens_health)**