

Getting Information and Help

There are a number of organisations able to provide confidential assistance.

This includes services that are specifically trained to work with men.

The organisations identified do not make up a comprehensive of services that may be available in your local area.

A number of services not included are those which incur a fee.

A more extensive list of services, including those with specialist expertise in mental health and wellbeing can be found on the Mensline Australia website at www.menslineaus.org.au.



Mensline Australia	www.menslineaus.org.au Telephone 1300789978	National
MENDS	www.mends.com.au Telephone 1300 363 361	QLD, NSW, WA and VIC
Canberra's Men Centre	www.menscentre.com.au Telephone 02 6230 1223	ACT and surrounding region
Mensline	www.menslink.org.au Telephone 02 62394699	ACT
Sydney Men's Network	www.peerleadership.com.au 02 98794979	NSW (Sydney)
Centacare	Telephone 02 9390 5355	NSW
Salvation Army Counselling Service	Telephone 02 47311544	NSW
Men's Phone Line	www.gelworks.com.au Telephone 02 9979909	NSW (Sydney)
North Coast Area Health Service	www.ncahs.nsw.gov.au Telephone 02 66222240	NSW North Coast
Lismore Men's Resource Centre	www.ncahs.sw.gov.au Telephone 02 99226116	NSW North Coast
Men's Health and well being	www.mhwag.org.au Telephone 07 30090436	Queensland
Mensline Queensland	www.dvconnect.org	Queensland
Men's Alliance Group	Telephone 07 41254215	Queensland Sunshine Coast
Men's family Services	www.mensfs.com Telephone 1300 305 340	Queensland South East
Men's Information and Support Centre	www.misc.com.au	South Australia Adelaide
Salisbury West Community Health Centre	Telephone 08 82817644	South Australia Ti Tree Gully and Salisbury
Tools For Men	www.anglicare-tas.org.au Telephone 6234 3561	Tasmania
MHIRRA	Toll Free 1300 785 7644	Tasmania
The Men's Workshop	www.mensworkshop.com.au Telephone 03 97522202	Victoria Melbourne
Men's Referral Service	www.nty.net.au Telephone 03 9428 2899 STD Toll Free 1800065973	Victoria
Men's Resource Centre	Telephone 08 9841 4777	Western Australia Albany
The Mate's Men's Support Group	Telephone 08 9752 3217	Western Australia
WA Men's Health	Telephone 08 9439 1585	Western Australia Gold Fields, Geraldton, Northam
Men's Time	www.menstime.com.au Telephone 08 92632050	Western Australia – Perth and Rural Areas

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Men Specific Websites: Health and Mental Health Information and Online Services

Australian Men's Health Network	www.members.ozemail.com.au
Manhood Online	www.manhood.com.au
Men's Health and Information Resource Centre	www.menshealth.usw.edu.au
Men's health and Wellbeing	www.mhwaq.org.au
Men's Advisory Network	www.man.org.au
Men's Awareness Network	www.mnnet.com.au
Men's Health Network	www.menshealthnetwork.org
Men's Peer Health Education	www.dva.gov.au/health/menshealth
Read the Signs Campaign	www.readthesigns.com.au

General Web Based Mental Health and Well Being Sites:

Black Dog Institute	www.blackdoginstitute.org.au
DepressioNet	www.depressionet.com.au
Moodgym	www.moodgym.anu.edu.au
Just Look Website	www.justlook.org.au
Beyond blue	www.beyondblue.org.au
Blue Pages	www.bluepages.anu.edu.au
SANE	www.sane.org
Health Insight	www.healthinsite.gov.au
Mental Health Ne	www.mentalhelp.net
Even Keel	www.evenkeel.org.au



1300 78 99 78
www.menslineaus.org.au

Talk it over
**Mens
Line**
AUSTRALIA

This tip sheet was adapted from the work of Lilia Szarski BAMED (psych) Monash Reg Psych Vic./McIntosh J. Because it's for the kids – building a secure base after separation, Bamba Press, Melb./Family Court resources, www.familycourt.gov.au

The only service of its kind, Mensline Australia provides confidential telephone counselling, information and referral to specifically enable men to enhance their relationships and manage the challenges associated with disruptions to their family life or primary relationships.

Managed through Crisis Support Services Inc, Mensline Australia is a national service available 24 hours a day, seven days a week for the cost of a local call.

Mensline Australia was established in September 2001 as part of the Commonwealth Government's Men and Family Relationships initiative. Since then, the service has been overwhelmed by calls from men around the country wanting to talk about their relationships.


crisis support services

Mensline Australia
is managed by Crisis Support Services