

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



Mensline Australia	<a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a> Telephone 1300789978	National
MENDS	<a href="http://www.mends.com.au">www.mends.com.au</a> Telephone 1300 363 361	QLD, NSW, WA and VIC
Canberra's Men Centre	<a href="http://www.menscentre.com.au">www.menscentre.com.au</a> Telephone 02 6230 1223	ACT and surrounding region
Mensline	<a href="http://www.menslink.org.au">www.menslink.org.au</a> Telephone 02 62394699	ACT
Sydney Men's Network	<a href="http://www.peerleadership.com.au">www.peerleadership.com.au</a> 02 98794979	NSW (Sydney)
Centacare	Telephone 02 9390 5355	NSW
Salvation Army Counselling Service	Telephone 02 47311544	NSW
Men's Phone Line	<a href="http://www.gelworks.com.au">www.gelworks.com.au</a> Telephone 02 9979909	NSW (Sydney)
North Coast Area Health Service	<a href="http://www.ncahs.nsw.gov.au">www.ncahs.nsw.gov.au</a> Telephone 02 66222240	NSW North Coast
Lismore Men's Resource Centre	<a href="http://www.ncahs.sw.gov.au">www.ncahs.sw.gov.au</a> Telephone 02 99226116	NSW North Coast
Men's Health and well being	<a href="http://www.mhwag.org.au">www.mhwag.org.au</a> Telephone 07 30090436	Queensland
Mensline Queensland	<a href="http://www.dvconnect.org">www.dvconnect.org</a>	Queensland
Men's Alliance Group	Telephone 07 41254215	Queensland Sunshine Coast
Men's family Services	<a href="http://www.mensfs.com">www.mensfs.com</a> Telephone 1300 305 340	Queensland South East
Men's Information and Support Centre	<a href="http://www.misc.com.au">www.misc.com.au</a>	South Australia Adelaide
Salisbury West Community Health Centre	Telephone 08 82817644	South Australia Ti Tree Gully and Salisbury
Tools For Men	<a href="http://www.anglicare-tas.org.au">www.anglicare-tas.org.au</a> Telephone 6234 3561	Tasmania
MHIRRA	Toll Free 1300 785 7644	Tasmania
The Men's Workshop	<a href="http://www.mensworkshop.com.au">www.mensworkshop.com.au</a> Telephone 03 97522202	Victoria Melbourne
Men's Referral Service	<a href="http://www.nty.net.au">www.nty.net.au</a> 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	<a href="http://www.menstime.com.au">www.menstime.com.au</a> 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	<a href="http://www.members.ozemail.com.au">www.members.ozemail.com.au</a>
Manhood Online	<a href="http://www.manhood.com.au">www.manhood.com.au</a>
Men's Health and Information Resource Centre	<a href="http://www.menshealth.usw.edu.au">www.menshealth.usw.edu.au</a>
Men's health and Wellbeing	<a href="http://www.mhwaq.org.au">www.mhwaq.org.au</a>
Men's Advisory Network	<a href="http://www.man.org.au">www.man.org.au</a>
Men's Awareness Network	<a href="http://www.mnnet.com.au">www.mnnet.com.au</a>
Men's Health Network	<a href="http://www.menshealthnetwork.org">www.menshealthnetwork.org</a>
Men's Peer Health Education	<a href="http://www.dva.gov.au/health/menshealth">www.dva.gov.au/health/menshealth</a>
Read the Signs Campaign	<a href="http://www.readthesigns.com.au">www.readthesigns.com.au</a>

## General Web Based Mental Health and Well Being Sites:

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



**1300 78 99 78**  
[www.menslineaus.org.au](http://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](http://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