

Men's Health Directory

Developed by the Centre for Male Health



Contents

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

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

Australia-Wide Services, Activities, and Programs

Organisation	Description	Contact Information	Website
Are you bogged mate?	Are you bogged mate? are a non-for-profit organisation looking to raise awareness and start conversations about depression and suicide rates in men from rural communities.		https://www.areyouboggedmate.com.au/
Australian Dads Network	The Australian Dads Network connects like-minded-men to give them a space to discuss hard hitting and confronting topics that they may not want to discuss with their current friend or family circle.	liam@australiandadsnetwork.org.au	https://www.australiandadsnetwork.org.au/
Australian Men's Health Forum	The Australian Men's Health Forum is the peak body for men's health in Australia. Their work supports a number of government health policies including the National Men's Health Strategy.	0419 319 140 - admin@amhf.org.au	https://www.amhf.org.au/
Australian Men's Shed Association	The AMSA is a national service provider supporting more than 1200 men's, women's, and community sheds. Through their website, men can find a shed close to them, as well as information on the value of men's sheds.	1300 550 009	https://mensshed.org/
Beers and Bubs	Beers and Bubs run one night sessions at the pub where expectant dads learn how to support their partner through the birth of their baby. Childbirth can be daunting for men too and this session prepares fathers for an active, caring role.	08 9721 9939	https://beerandbubs.com.au/
Blu Health	Blu Health are a comprehensive male psychology service that specialise in men's mental health and general wellbeing.	info@bluhealth.com.au or 0411 352 448	https://bluhealth.com.au/
Dads 4 Kids	Dads 4 Kids are a harm prevention charity committed to excellence in fathering. They host seminars, conferences and national summits as well as delivering fatherhood courses and campaigns.	info@dads4kids.org.au	https://dads4kids.org.au/
Dads Group	Dads Group are about changing the culture of fatherhood for the better. This is done through the formation of dad's groups, running community events, development of tools, resources, and programs for dads at work and research and partnerships.	info@dadsgroup.org	https://www.dadsgroup.org/
Dads in Distress	Dads in Distress offer a 100% free, confidential, and non-judgemental support service to dads who are going through or have gone through separation - in particular, separation from their kids. All of the team members are peers, dads who have been through it themselves.	1300 853 437	https://parentsbeyondbreakup.com/dids/
Department of Veterans Affairs	DVA delivers a variety of health and wellbeing programs to veterans and their families, as well as running a specific Men's Health Peer Program.	1800 838 372	https://www.dva.gov.au/health-and-treatment/work-and-social-life-programs/mens-health-peer-education-program#mhpe-contacts
Every Man	Every man offers a range of services to men with complex issues including counselling, violence prevention, Indigenous support, and accommodation, supported accommodation and outreach and NDIS services.	02 6230 6999	https://www.everyman.org.au/

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

True North – Movember Foundation	True North is here to provide the information that matters most to you in your prostate cancer journey.		https://truenorth.movember.com/en-au
Family Man – Movember Foundation	Family Man is a research-backed online parenting program designed with dads in mind. Fun, free, fast and interactive, it's proven to work and has been developed alongside leading global child behaviour experts.		https://familyman.movember.com/en-gb/
Ahead of the Game – Movember Foundation	Movember Ahead of the Game is a youth mental health program. It teaches players, parents, coaches and volunteers to understand mental health, build mental fitness and strengthen resilience. Players learn how to deal with challenges in both sport and life.		https://aheadofthegame.org.au/
Prostate Cancer Support Groups	Prostate Cancer Foundation of Australia has a range of support groups across the country that bring together men and women who have a passion for those affected by prostate cancer. Visit their website or give them a call to find your nearest Prostate Cancer Support Group.	enquiries@pcfa.org.au or 1800 00 22 98	https://www.pcfa.org.au/support/find-a-support-group/
SiSU Health	SiSU Health Group deliver personalised health and wellbeing solutions, aiming to provide better health knowledge and awareness for communities through the use of their self-service health check stations and the accompanying app. SiSU Health has a number of health check stations across the country that can be accessed free of charge.	info@sisuhealthgroup.com or 9818 3998	https://www.sisuhealthgroup.com/
SoulAdvisor	SoulAdvisor provides-a comprehensive qualification based directory of therapists or acting in over 100 Traditional and Wholistic therapies. Living their tagline of 'Nourish yourself. Heal our World', they work towards inclusivity and provision of evidence based practices that truly make a difference.		https://www.souladvisor.com/
Suit Tie Stroller	Suit Tie Strollers mission is to empower working dads to be active parents and advocate for policies that better support modern families and workplaces. This is not just for the rights of men, but for rights that support all men, women, children, and society.		https://www.suittiestroller.com/
The Fathering Project	The Fathering Project are helping dads to be the best dads they can be for themselves, their children, and their families. This is done through research, programs, services, community awareness, resource development and advocacy.	1300 328 437	https://thefatheringproject.org/
The Man Walk	The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way. They want to create an environment where men can talk and ask for help if they need.		https://themanwalk.com.au/
TIACS	TIACS are a free phone and text counselling service offering mental health to Australia's blue collar community such as tradies, truckies, rural men and other blue collar workers.	admin@tiacs.org or 0488 846 988	https://www.tiacs.org/
Tomorrow Man	Tomorrow Man aim to empower men to re-define a healthier version of masculinity for themselves that will positively impact them and those they love the most. This is done through programs they facilitate in environments where boys and men often gather such as secondary schools, universities, TAFE, sporting clubs and male dominated workplaces.	workshops@tomorrowman.com.au or 9956 8860	https://www.tomorrowman.com.au/

You Got This Mate

You Got This Mate is an online platform that provides tips and information to help rural men reach their best possible mental health.

<https://yougotthismate.com.au/>

Australian Capital Territory

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

New South Wales

Organisation	Description	Contact Information	Website
Bathurst Men's Walk and Talk	Bathurst Men's Walk and Talk is a male only, weekly event where men get together to share a coffee, have a walk and have a chat. There are no membership costs and each walker will receive a free tee shirt after they come along to a few walks. The walks are held every Thursday, rain, hail or shine at Berry Lions Park near the old Denison Bridge.	men@bxmenschwalkandtalk.com.au	https://www.facebook.com/BxMensWalkTalk/
Central Coast Men's Walk and Talk	The Central Coast Men's Walk and Talk, established in 2022, is a men's walk community organisation hosted by men's health champion Craig Ball. The group walk each Thursday along the Tuggerawong Pathway, with times varying depending on time of year. This walking group is a space for men to get out and exercise, but more importantly to have a space to open up to each other and talk freely in a safe space. This group is open to all men and new members are always welcome.	https://www.facebook.com/centralcoastmenswalkandtalk	https://www.centralcoastmenswalk.com/?fbclid=IwAR3xLL_CquWFKXUzO8qIZjSUFdCPIhgpy8_3MTcsKSuknwqFTusaGAT_zus
Lifeline Macarthur and Western Sydney	Lifeline provide support to those in crisis via the 13 11 14 line. They are proud to deliver training fully funded by South West Sydney primary Health Network & specific workshops for those who support people in domestic violence situations. During Men's Health Week, Lifeline M&WS are offering a free online 'Read the Signs' course to raise men's awareness on stress, depression, suicide prevention, help seeking and self-care. Register via: https://www.eventbrite.com.au/o/lifeline-macarthur-13919818399	13 11 14 or (02) 4645 7200	https://www.lifelinemws.org.au/
LikeMind	LikeMind offer a range of services in a variety of ways aiming at supporting individuals in seeking help to address their mental health concerns. They have purpose built centres in Western Sydney, Orange and Wagga Wagga.	Penrith: 02 8880 8111 Seven Hills: 02 8806 3800 Orange: 02 6311 1700 Wagga Wagga: 02 6936 2000	https://likemind.org.au/
Man Anchor	Man Anchor are a grassroots mental health and wellbeing movement that provides mental health education workshops for businesses, schools and community groups around Australia.	info@mananchor.com.au or 0405 420 413	https://www.mananchor.com.au/
Men's Health Education Rural Van	The MHERV is a custom-built caravan with a dedicated registered nurse that goes on two scheduled tours per year seeking out men for free health screenings who haven't seen the inside of a doctors room for years.		https://mherv.com.au/
Men's Talk	Men's Talk is centred on collaboration with the community to mainstream conversation around wellness and masculinity for all who identify as male. This is done through the creation of safe spaces for men and events sponsoring and fundraising men's health campaigns.	info@mtalk.com.au	https://mtalk.com.au/

MENtors - Men Supporting Men	MENtors run a social inclusion program based on the Coffs Coast of NSW, that aims to connect men in the community and establish peer support, mentoring networks, and services to improve men's physical, mental, emotional and social wellbeing.	0419 258 023 or 0439 979 077	https://mentorsformen.com.au/
Older Men's Group – Hills Shire Council	The Hills Older Men's Network runs their group sessions fortnightly on a Monday from 10am-12:30pm. The groups are for men who feel isolated, want to meet up with other blokes and share their stories in a non-judgemental, safe, and supportive environment.	HillsOMNI1@gmail.com or 0424 462 153 or 0425 233 783	https://www.thehills.nsw.gov.au/Upcoming-Events-Activities/Older-Mens-Group
Survivors and Mates Support Network	SAMSN are Australia's leading organisation for male survivors of child sexual abuse and their supporters. These services, events and workshops for survivors and supporters are free and available to people of any demographic.	support@samsn.org.au or 1800 472 676	https://www.samsn.org.au/
The Complete Men Foundation	The Complete Men Foundation are a non-for-profit charity aiming to support and inspire men of all ages to reach their full potential, to be fully present in their own lives, and in those of their families and communities. Their in person, weekly men's groups, run in South East Queensland and Northern NSW, with an online group also offered to men from other regions.	0478 508 155	https://completemen.org.au/
The Healthy Tradie Project	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their 'healthy tradie' and 'stress less' workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	pip@thehealthytradieproject.com	https://thehealthytradieproject.com.au/
Man Cave	Man Cave are a preventative mental health and emotional intelligence charity working to empower communities to raise generations of healthy young men through their innovative programs, role models and resources.	hello@themancave.life	https://themancave.life/
Top Blokes Foundation	Top Blokes Foundation work with groups of boys and young men for 3 to 6 months through group mentoring programs, targeting a variety of common men's health issues.	info@topblokes.org.au or 1300 450 850	https://www.topblokes.org.au/
Walk it Off	Walk it Off is a grassroots community-based mental health support initiative based in the Blue Mountains that independently supports both men and women who may be struggling to cope with life's pressures. Walk it Off is a safe place to connect and find non-judgemental support from people with shared lived experience to support your journey to wellness.	info@walkitoff.org.au	walkitoff.org.au
Whiddon	Whiddon are a non-for-profit, award-winning care provider with residential care, community care and retirement villages across regional, rural, and remote New South Wales and Southeast Queensland. In celebration of International Men's Health Week (12th – 18th June), Whiddon has launched the 'Age Well, Together' campaign, encouraging Australian men to improve their health and wellbeing by	1300 738 388	https://www.whiddon.com.au/

	connecting through shared interests, camaraderie and community involvement.
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Northern Territory

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

Queensland

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

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

South Australia

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

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

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

Victoria

Organisation	Description	Contact Information	Website
Blokes Psychology	Blokes Psychology are a counselling service dedicated to supporting males of all ages and their families throughout the various challenges of life.	9994 1721	https://blokespsychology.com.au/
Bluehats Suicide Prevention	Incolink's Bluehats Suicide Prevention programs help workers who are doing it tough by providing someone to talk to on site. In 2021, the Bluehats training model was refreshed to be able to deliver both onsite and digitally.	bluehats@incolink.org.au	https://incolink.org.au/wellbeing-support-services/bluehats
For Men	For Men are an organisation that supports men aged 16-35 to proactively develop their mental health and wellbeing through self-leadership.	connect@formen.org.au	https://formen.org.au/
Peter Krenz Leisure Centre – YMCA Victoria	Peter Krenz Leisure Centre is a recreation centre that YMCA Victoria run. In Men's Health Week, they plan on running two group fitness classes specific for men. Dates TBC	Pklc.ymca@ymca.org.au or 5446 9222	https://peterkrenzleisure.com.au/
Right Mate	Right Mate aim to change the way that men's mental health is approached through a range of events they run such as men's walks, monthly dinners, and men's yoga courses.	hello@rightmate.org.au	https://www.rightmate.org.au/
Swan Hill District Health	Swan Hill District Health is a 143 bed (including Aged Care) fully integrated rural public health service. They are located on the Murray River in Rural Victoria, employing around 630 staff, and servicing a 100km radius area with an estimated catchment of around 35,000 people.	03 5033 9300	https://www.shdh.org.au/
The Healthy Tradie Project	The Healthy Tradie Project is a movement directed towards suicide prevention, focusing on people in the construction industry. This is achieved through their 'healthy tradie' and 'stress less' workshops, as well as their Pre-Start Toolbox, focusing on improving mobility and flexibility to reduce the potential for injury.	pip@thehealthytradieproject.com	https://thehealthytradieproject.com.au/
The Life! program	The Life! program is a free Victorian healthy lifestyle program that helps participants improve their eating habits, physical activity, and stress management. Run by expert health professionals, the program is delivered as a group course or Telephone Health Coaching service and shows participants how to reduce their risk of developing type 2 diabetes, heart disease and stroke. The Life! program gives participants the motivation and support needed to make and maintain positive changes and to live a healthier and more active lifestyle.	13 74 75	https://lifeprogram.org.au/

<p>The Male Hug</p>	<p>The Male Hug are a non-for-profit organisation that is committed to raising awareness and prevention education for men's mental health for professional males. They are dedicated to providing support, educational programs for organisations and a platform for professional males to talk and engage openly in a safe and friendly environment that is free of judgement.</p>	<p>hello@themalehug.com.au or 1800 428339</p>	<p>https://themalehug.com.au/</p>
<p>Man Cave</p>	<p>Man Cave are a preventative mental health and emotional intelligence charity working to empower communities to raise generations of healthy young men through their innovative programs, role models and resources.</p>	<p>hello@themancave.life</p>	<p>https://themancave.life/</p>

Western Australia

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

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

**This Directory was last updated on 21/08/2023*

To register your organisation or community group, visit https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_72PXm4mAdxrrNzq



Contact Details: CMH@westernsydney.edu.au