

The Little **BLACK BOOK**



FRASER COAST MATES has been formed by a group of local businessmen concerned by the rise of debilitating mental health issues and rising suicide rates, especially in men across the region. The group aims to build awareness about men's mental health issues, bridge the gap between support services and encourage mates to be better equipped to help their friends and colleagues in times of need.

Fraser Coast Mates has partnered with the Fraser Coast Regional Council to create The Little Black Book. Sometimes you might be feeling stressed, anxious or angry, or just need to talk to someone. But sometimes you're not really sure what to do or where to start. To help you on the path to good health, we've created the Little Black Book.

The Little Black Book is a directory of services, contacts, support groups and aims to empower men to reach their potential and enjoy a long and high quality life.

A healthy man, in body and mind, means healthy relationships, healthy families and healthy communities.



Exercise makes you feel good because it releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like depression and anxiety, and help with recovery from mental health issues.

Exercise also helps improve your sleep, which is important in many different ways. (healthdirect.gov.au)

ITAINTWEAKTOSPEAK

CONTENTS

► MOVE MORE	2	► GET KNOWLEDGED	16
• Running/Walking		• What Is Depression	
• Swimming & Aqua Related Movement		• What Are Anxiety Disorders	
• Cycling		• What Is Stress	
• Joining A Sport Or Recreation Club		• Lung Cancer	
		• Bowel Cancer	
		• Prostate Cancer	
		• Diabetes	
		• Contacts – Who To Call	
► GET A MAN'S CHECK UP	5		
• Visit The Doctor			
► LOOKING FOR ASSISTANCE	8	► RUOK	22
• Mental Health Assistance & Counselling, Community Mental Health Services		► WHO CAN HELP, WHERE TO GO TO & WHAT CAN GUIDE YOU	23
• Accommodation Services, Support			
• Men & Relationships		► VERY IMPORTANT NUMBERS	24
• Habits & Addiction		• Emergency, Immediate & 24hr Help Numbers	
• Legal Help			
• Financial Assistance, Support			
• Aboriginal & Torres Strait Islander & Multicultural Services			
• Older & Wiser			

Connect

TALK & LISTEN.
BE THERE.
FEEL CONNECTED

Be Active

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

Take Notice

REMEMBER
THE SIMPLE THINGS
THAT GIVE YOU JOY

Keep Learning

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

YOUR TIME.
YOUR WORDS,
YOUR PRESENCE



MOVE MORE

► RUNNING OR WALKING

The local groups aim to encourage and support runners and walkers of all ages or level of fitness.

So if you're a beginner looking for somewhere to start, a seasoned runner who is happy to share your experience, or anywhere in between you're more than welcome to join. It also gives you the opportunity to meet people who share your interest.

► PARKRUN HERVEY BAY (URANGAN PIER) & MARYBOROUGH (ANZAC PARK/ULULAH)

- www.parkrun.com.au
- Every Sat morning @ 7am, 5km timed runs, FREE

► FRASER COAST RUNNERS AND WALKERS CLUB

- www.fcrwc.org.au
- Meet fortnightly
- Social running and walking

► WEDNESDAY RUNNERS GROUP

- Facebook: Wednesday Runners Group
- All Abilities Playground in Pialba, near the Seafront Oval on Wednesdays @ 5.15pm

EXPERTS SUGGEST WALKING 6,000 STEPS A DAY TO IMPROVE HEALTH AND 10,000 STEPS A DAY TO LOSE WEIGHT.

BRISK WALKING HELPS REDUCE BODY FAT, LOWER BLOOD PRESSURE, AND INCREASE HIGH-DENSITY LIPOPROTEIN

TO BURN OFF ONE POUND M.M. A PERSON WOULD NEED TO WALK THE ENTIRE LENGTH OF A FOOTBALL FIELD.

► HEART FOUNDATION WALKING

- www.walking.heartfoundation.org.au
- Join Australia's largest FREE community-based walking network
- Simply enter your postcode to find your nearest group!

► RECREATION TRAILS FRASER COAST

- www.frasercoast.qld.gov.au/recreation-trails
- Providing a range of trails to encourage a healthy, active lifestyle as well as showcasing what the region has to offer. Most trails are flat, shared pathways that you can walk or cycle along with ease.

RUNNING BURNS LOTS OF CALORIES

► OUTRIGGING, SAILING, PADDLEBOARDING

Ocean based exercise is great for your nervous system, and it's great for your cardiovascular system. It makes you stronger, it makes you fitter and it makes you vibrant, vital and alive. Have you ever seen Hervey Bay from out in the ocean looking back?

► HERVEY BAY OUTRIGGER CANOE CLUB

- Facebook: Hervey Bay Outrigger Canoe Club
- Email: vanessakosmidis@gmail.com
- Every Sunday @ 7:45am at the Boat Club down by the harbour

► FRASER COAST OUTRIGGERS

- Facebook: Fraser Coast Outrigger Canoe Club - Hervey Bay
- www.fcoutriggers.com.au/canoecub
- Sunday @ 7:45am located on The Esplanade at Scarness Beside the Scarness Caravan Park

► HERVEY BAY SAILING CLUB

- www.herveybaysailingclub.org.au
- Email: enquiries@herveybaysailingclub.org.au

► HERVEY BAY STAND-UP PADDLE GROUP

- Facebook: Hervey Bay Stand-Up Paddle Group
- Social group, regular weekend paddle boarding

► WIDE BAY ROWING CLUB

- Facebook: Wide Bay Rowing Club
- Rowing club for junior & master rowers in scull & sweep boats on the Mary River

BENEFITS OF OCEAN BASED EXERCISE:

Improves balance | Full body workout | Low impact | Reduces stress | Overall increased strength | Cardio workout | Useful in rehabilitation injuries | Improves endurance

► SWIMMING AND AQUA RELATED MOVEMENT

Water based exercise can help improve your physical and mental health. The water environment can help you relieve stress and tension as the muscles are loosened once you let your body submerge in water. The little to no impact on joints and muscles helps you strengthen the body and lose weight.

GOING SWIMMING IS VERY RELAXING AND HAS BEEN COMPARED TO YOGA AND MEDITATION IN TERMS OF ITS SOOTHING EFFECT ON THE MIND AND BODY.

► HERVEY BAY CROCS

- Facebook: Hervey Bay Crocs
- An informal group that meets (Aquatic Centre) a couple of times a week for fitness and fun. The Crocs is more of a social club for middle age men than a fitness club

► HERVEY BAY HUMPBACKS

- www.herveybayhumpbacks.com
- Hervey Bay Masters Swimming is a family group with our main emphasis on fun. They can help you improve your swimming ability no matter what your level is

► FUNKY FRIDAY SPLASHERS

- Facebook: Funky Friday Splashers
- Open water swim Friday mornings @ 5:30am. Meet @ the sailing club Torquay, come for coffee afterwards

BENEFITS OF WATER AEROBICS:

Increase muscle strength | Build endurance
Relieves stress and decreases anxiety

► SWIM HERVEY BAY

- Facebook: Swim Hervey Bay
- Keep up to date with upcoming activities

► SATURDAY SIPPERS SWIM

- Facebook: Saturday Sippers Swim
- Hervey Bay Surf Lifesaving Club @ 3:30pm every Saturday
- Catch up after with drinks and laughs.

► AQUA AEROBICS AND GROUP FITNESS CLASSES

- www.frasercoast.qld.gov.au/hervey-bay-aquatic-centre
- Aqua aerobics and water based fitness classes for all ages and fitness levels

AN HOUR OF VIGOROUS SWIMMING WILL BURN UP TO 650 CALORIES. IT BURNS OFF MORE CALORIES THAN WALKING OR BIKING.
SWIMMING WORKS OUT ALL THE BODY'S MAIN MUSCLES.

We live by the ocean. Swimming in the ocean can also relax your muscles, reduce stress and help induce sleep. So take a dip, float or just take a walk along the beach in the water!

► CYCLING

Cycling can have positive effects on the way you feel. Moderate exercise, such as cycling, will heighten your energy levels, and will assist in reducing stress, anxiety and depression. It will also improve your mood and raise self-esteem. These benefits are not only a result of the physical activity, but also from the results that you will soon see in your body and the way you look. (QLD Health)

► FRASER COAST BICYCLE USER GROUP

- www.fcbug.org.au
- Every Saturday @ 6:00 am from the 'All Abilities Park' on The Esplanade
- All about fun and making some great friends along the way. Catering with seven categories of group rides. No matter what kind of bike you ride or if you wear lycra or not, there is a ride group/level for you

► FRASER COAST MTB CLUB INC

- Facebook: Fraser Coast MTB Club Inc.
- Social ride on Sunday mornings @ Toogoom Trails
- Catering for all ages and all abilities

► FRASER COAST VINTAGE & CUSTOM CYCLE RIDERS

- Facebook: Fraser Coast Vintage & Custom Cycle Riders
- Social cruise on Sunday's
- People from all ages and walks of life welcomed
- A group for those who want to ride with other like-minded people
- Any bike that is vintage, custom, show, bmx or just seriously cool is welcome

CYCLING THREE HOURS OR 30 KILOMETRES PER WEEK HALVES YOUR RISK OF HEART DISEASE AND STROKES

CYCLING INCREASES CARDIOVASCULAR FITNESS
INCREASES MUSCLE STRENGTH AND FLEXIBILITY

► CYCLING

► FRASER COAST CYCLING CLUB

- Facebook: Fraser Coast Cycling Club
- Club racing Sundays
- Offering a fun, friendly, safe and family orientated club for all cycling lovers

► HERVEY BAY TRIATHLON CLUB

- www.herveybaytriathlonclub.org.au
- Tuesday @ 5am from Enzos & Saturday @ 6am Wet Side Water Park rides
- All-inclusive club and cater for all age competitors. People of all fitness levels and abilities are welcome, from elite to beginner

CYCLISTS ARE COOL - FACT!

A RECENT PSYCHOLOGICAL STUDY CONDUCTED BY MINDLAB FOUND THAT CYCLISTS HAVE A UNIQUE BLEND OF INTELLIGENT GENEROSITY AND THE 'COOL' FACTOR. NOW THERE'S A REASON TO GET ON YOUR BIKE!



BENEFITS OF CYCLING:

Strengthens Bones | Decreases Body Fat Levels | Prevention or Management of Disease | Reduces Anxiety and Depression

► TOUR DE BAY - RIDE FOR A REASON

- www.tourdebay.com.au – Yearly Event
- The Tour de Bay is a cycling event for everyone from 10km to 100km – not only is it loved by families for its fun and friendly atmosphere. A community breakfast hosted by the Rotary Club of Hervey Bay Sunrise follows the ride! Fundraising for The Hervey Bay Neighbourhood Centre's Crisis Support Service

► RECREATION TRAILS FRASER COAST

- www.frasercoast.qld.gov.au/recreation-trails
- Providing a range of trails to encourage a healthy, active lifestyle as well as showcasing what the region has to offer. Most trails are flat, shared pathways that you can walk or cycle along with ease

► JOINING A SPORT OR RECREATION CLUB

There are many ways to get involved with a sport or recreation club. You can:

- Use the club locator to find a club @ www.qld.gov.au/recreation/sports/joining-club
- Ask the local PCYC, www.pcy.org.au/HerveyBay, 4124 5211, about social activities you can be part of
- Facebook: Browse the list of local clubs or groups via Facebook by entering the clubs description in the search for e.g. **Hervey Bay AFL Masters** brings up Hervey Bay Fruitbats AFL Masters play about 10 games a year on a fortnightly basis. Training at Norm McLean Oval, Raward Road, Monday night @ 5.30pm - 6.30pm. All ages welcome to train or **Hervey Bay Squash:** brings up Hervey Bay Day Time Squash (Come along and enjoy a social game of squash every Tuesday morning @ 9am)

The Fraser Coast has many active community sporting and recreational groups.

Here is a taste of what you can do on the Fraser Coast:

Aerobics, Aeromodelling, Archery, Australian Football, Badminton, Baseball, Basketball, Bocchia, Bowls – Indoor, Bowls – Lawn, Boxing, Boxing – Kick, Bridge, Bushwalking, Canoeing, Climbing, Cricket, Croquet, Crossfit, Darts, Dragon Boating, Equestrian, Equestrian – Endurance Riding, Equestrian – Horse Riding Recreational, Fencing, Fishing, Flying, Football – Futsal, Football – Soccer, Gliding, Hockey, Kayaking, Life

Saving, Martial Arts, Motor Sport, Motor Sport – Lawn Mower, Racing, Netball, Netball – Indoor, Outrigger Canoeing, Oztog, PCYC, Pool (Billiards), Rock Climbing, Roller Derby, Rowing, Rugby League, Rugby Union, Sailing, Shooting – Pistol, Shooting – Rifle, Shooting – Target, Softball, Squash, Table Tennis, Tai Chi, Tae Kwon Do T-Ball, Tennis, Tenpin Bowling, Touch Football, Triathlon, Volleyball, Water Skiing, Weightlifting, Yachting, Yoga

► MASTER SPORTS FOR OVER 30S

- www.maryboroughmastersgames.com.au
- The Maryborough Masters Games is an annual sporting event that is regarded as one of the premier and largest participation sporting events in the Wide Bay region
- Mature-aged athletes can compete in the following sports athletics, AFL, softball, swimming, cricket, weightlifting etc

Exercising for at least 30 minutes each day is an important part of staying healthy. Playing sport and joining a sporting club allows you to push your personal limits, have fun by keeping active, and get involved in your local community. You can stay healthy, meet new people and form friendships.

BENEFITS YOU CAN GAIN FOR JOINING A CLUB:

Improves Mental Health | Contributes To Higher Levels Of Self-Esteem And Self-Worth Empowers, Inspires And Motivates | Brings People Together, Providing Opportunities For Social Interaction | Great Opportunities For Networking | Can Help To Prevent Cardiovascular Disease, Diabetes And Some Cancers | Provides A Sense Of Belonging



THE BRAIN BENEFITS OF EXERCISE:

Increases production of Neurochemicals that promote brain cell repair | Improves memory | Lengthens attention span | Boosts decision making skills Prompts growth of new nerve cells and blood vessels Improves multi tasking and planning

GET A MAN'S CHECKUP

STAY STRONG ► GET CHECKED OUT

Get a Men's Check-up once a year. It's no big deal.

Ask your **MATES** who they go to.

BOOK YOUR APPOINTMENT

Remember to ask for a double length appointment for a Men's Health Check-up, because there's a lot to get through. You can ask for either a man or woman doctor, whichever you feel more comfortable with.

TALK TO YOUR DOCTOR (GP) ABOUT MENTAL HEALTH

Your doctor (GP) is often a good place to start for most mental health conditions.

Doctors can provide treatment or refer you to other services for mental health.



STARTING A CONVERSATION ABOUT MENTAL HEALTH WITH YOUR GP

Talk to your doctor:

- Tell the doctor your symptoms or how you feel
- Tell the doctor your concerns
- Tell the doctor what you feel has affected your life.

MEN'S HEALTH: LET'S CHECK
"THE BEST THING THAT I'VE DONE IS PUT MY HAND UP TO GET THE HELP THAT I NEEDED. AND THAT'S THE BIGGEST THING FOR ANYONE TO DO. TO PUT YOUR HAND UP AND GO. 'YEAH I NEED THE HELP'."

Sydney champion Lance Franklin breaks silence after mental health issues

► MENTAL HEALTH CARE PLAN

A mental health care plan is a plan for people with a mental illness. It identifies what type of health care you need, and spells out what you and your doctor have agreed you are aiming to achieve. It also refers you to local mental health services.

Your doctor will probably ask you many questions about your situation, discuss your healthcare needs, goals, treatment and referrals will be recorded in your mental health care plan.

► PREPARING YOUR MENTAL HEALTH CARE PLAN

Your doctor will work with you to decide:

- What your mental health needs are,
- What help you require – your medical, physical, psychological and social needs are all considered.
- What result you would like, and
- What treatment would be best for you

Once you and your doctor have agreed on your goals and what support you need to achieve them, your doctor will write out a mental health care plan. Your doctor will then discuss this with the other members of your healthcare team. Preparing the plan might take one visit or it might take a number of visits

You don't know what you don't know. Your doctor will do some tests and ask you about health conditions that run in your family. If there is something that needs attention, with your liver, blood pressure, cholesterol levels, heart or lungs, your doctor will alert you.

SEARCH FOR A DOCTOR IN YOUR LOCATION:

www.healthdirect.gov.au/australian-health-services

► YOUR HEART: FAST FACTS

- The heart muscle is about the size of a clenched fist, and weighs around 285 grams
- The heart contracts approximately 70 times a minute, 100,000 times a day, two and a half billion times a lifetime
- An average adult has about 96,000 kilometres of blood vessels
- The heart pumps between 70 ml and 100 ml of blood with each beat
- The heart pumps blood to the lungs, back to the heart, out to the body and back to the heart again in about 23 seconds
- The heart is the first organ to begin functioning during embryonic life
- Despite recent progress, heart disease claims the life of one Australian every 10 minutes
- For a 40 year old, the risk of having heart disease at some time in the future is one in two for men and one in three for women
- Cardiovascular disease is the leading cause of death in Australia
- Over 90% of heart attack victims survive

'THERE'S A BELIEF THAT THE VERY IDEA OF BEING A MAN IS THAT YOU DEAL WITH STUFF AND YOU DON'T REACH OUT OR CONNECT. UNTREATED, THE PROBLEM SNOWBALLS. THE COMBINATION OF THAT AND THE NOTION OF HAVING TO DEAL WITH IT ALONE, IS THE REASON BEHIND HIGH SUICIDE RATES.

- Foundation 49



LIVINWELL TIPS & TRICKS

LIVIN

You're allowed to be a bit selfish. Prioritise yourself! Prioritise your HEALTH. Set aside time each day to practice self-care. Even if it is just a few minutes, or as long as an hour or two. Prioritise doing something that makes you feel good or relaxed.

Feeling stressed or anxious? Time to chill with some controlled breathing! When we become stressed, worried, anxious, our breathing rate tends to increase, which in turn increases our heart rate and the speed at which thoughts tend to race around our head. A strategy known as controlled breathing can reverse this whole cycle. How do you do controlled breathing? Breathe in for a count of 2-3 seconds, hold for a count of 2-3 seconds, breathe out for a count of 2-3 seconds, hold for a count of 2-3 seconds, repeat. Each out breath remind yourself to RELAX. Do this for 2-5 minutes. This allows your brain to focus on one thing at a time and be present in the moment. If practiced regularly, research says that this will raise accuracy rates, improve levels of happiness, and drop stress levels.

Feeling a bit meh? Train the house down! Physical activity gets us pumped here at LIVIN. Exercise is so good not only for your physical wellbeing, but your mental wellbeing too. Even if you are not a huge fan of exercise, a short burst of cardiovascular activity (simply 15 minutes) can help relieve stress and frustration, and help you look and feel better about yourself. This does not mean cross-fitting until you spew everywhere; get out the hula hoop, have a dance, or go for a brisk walk with the dog; any cardiovascular activity works wonders.

#ITAINWEAKTOSPEAK

Sleep like a baby. Zzzz. Getting to sleep and/ or staying asleep can be a pain in the butt sometimes. However, getting a good night's sleep is very important; it helps you feel energised, focussed and motivated. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoid caffeine after lunchtime. Avoid electronic devices (in particular blue light) like your phone and laptop immediately before bed. Another really effective strategy to help with your sleep routine, if you are lying in bed for any longer than 30-40 minutes without falling asleep, get out of bed, go somewhere relaxing (like the couch) and read a book or magazine, or practice some controlled breathing. When you notice you are tired, return to bed to go to sleep. Repeat this process until you fall asleep. While it might seem annoying getting out of bed initially, if you practice this consistently eventually you will condition bed as being a place where you fall asleep comfortably. The last thing you want to do is lie in bed, tossing and turning, becoming more and more frustrated as this is not conducive to sleep.

Nutrition and mental health. You are what you eat... Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. Eat less Whoopers, Big Macs, BBQ meat lover pizzas and sugary foods, and eat more fruit, veggies, whole foods and healthy fats (avocados, coconut oil, Omega-3s). Even better, combine healthy eating with a bit of exercise and you'll start to feel unstoppable!

Get out and have some FUN! Social relationships are really important to your general wellbeing. It is okay to take time out for yourself – sitting quietly and reading a book, couch time and a Netflix binge – but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Close relationships can add meaning and purpose to your life. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family. Try it, the next time you're not feeling so flash, send a family member or friend a nice text message, pay someone a compliment and observe how it makes you feel – no doubt a little bit better about yourself!

IF IN DOUBT, REACH OUT. HIT US UP HERE AT [INFO@LIVIN.ORG](mailto:info@livin.org) AND WE CAN PROVIDE YOU WITH SOME ADDITIONAL STRATEGIES AND POINT YOU IN THE RIGHT DIRECTION.

LOOKING FOR ASSISTANCE

► MENTAL HEALTH ASSISTANCE & COUNSELLING, COMMUNITY MENTAL HEALTH SERVICES

Lifeline (24 hours)
13 11 14

Mensline (24 hours)
1300 798 978

Suicide Helpline (24 hours)
1800 191 919
www.crisissupport.org.au

Beyond Blue (24 hours)
1300 224 636
www.beyondblue.org

Telephone Interpreter Service (24 hours)
131 450

Flourish Australia Hervey Bay
02 9393 9564
Unit 6 & 7, 10 Liuzzi Street Pialba

Crisis Counselling Service (24 hours)
1300 363 622

Hervey Bay Mental Health Service
1300 64 22 55
141 Urraween Road, Urraween

Maryborough Mental Health Service
1300 64 22 55
185 Walker Street, MARYBOROUGH

G.E.M.S (Group for Emotion And Mental Support)
4125 4215
34 Torquay Rd Torquay

Carers Queensland (9am - 5pm)
1800 242 636
www.carersqld.asn.au
Offers carer information, support, and counselling.



WWW.MANUP.ORG.AU

Warm Line 1800 935 478
9am - 8pm Monday - Friday
2:30pm - 8pm Saturday & Sunday
One2One Chats with Peer Workers which promote recovery through shared experiences and a mutual understanding of mental illness.

White Wreath
Monday - Friday 5am - 9pm:
1300 766 177 or M: 0410 526 562
You can text via mobile 0410 526 562 and a professional will call you back if you're struggling to make a call you can email white.wreath@bigpond.com

MIFQ
www.mifq.org.au or 1800 985 944
Committed to providing a personalised response to the needs of people living with mental illness since 1985.

MEN'S HEALTH: LET'S CHECK

Speak up, stay connected with your family and love ones and encourage the other men and boys in your life to do the same.
Exercise & Sports Science Australia (ESSA)

► ACCOMMODATION SERVICES & SUPPORT

► Regional Housing Limited
1300 642 123
6/12 Nissen Street, Pialba
RHL provides crisis accommodation, long term community housing, affordable housing, and a range of services to assist with housing and homelessness.

► Community Housing Limited
4120 0900
91 Bazaar Street, Maryborough
Emergency relief, crisis accommodation for families and single men, aged 18+, social housing for approved Department of Housing and Public Works applicants, Community Care services to eligible clients.

► Hervey Bay Housing Coalition
4124 3510
Provides long term community housing for people in need of accommodation.

► Residential Tenancies Authority
1300 366 311
Tenancy information, bond management, dispute resolution, investigation, & policy & education services.

► Maryborough Aboriginal Corporation For Housing & Cultural Development (Machcd)
4122 4382 / 0498 578 110
1/164 Bazaar St, Maryborough
Support and housing for Aboriginal and Torres Strait Islander people.

► Queensland Department Communities - Housing & Public Works
1800 623 242
116 Lennox Street, Maryborough
Delivers a range of housing assistance to Queenslanders. Improving housing affordability, reducing homelessness and assisting Queenslanders to access the private housing market.

► Tenancy Advice Service
1300 744 263
91 Bazaar Street, Maryborough
Hervey Bay Community Centre:
Provide advice on tenancy rights and responsibilities and assistance with tenancy forms. Priority will be given to vulnerable clients.

► Centacare Community Services Fraser Coast Homestay Program And Emergency Housing:
4194 0172
6/152 Boat Harbour Dr, Pialba
Supporting tenants at risk of homelessness to maintain their tenancies through the delivery of early intervention and post crisis support.



► MEN & RELATIONSHIPS

Relationships aren't always easy. Sometimes your relationships with family or others might need some extra help and support to thrive or to get over a bump in the road. If a relationship has broken down, or you have had changes to family life this can cause living arrangements to change or access to children to be negotiated. During these challenging times relationship counselling and mediation can help.

► Fathers with Futures

Hervey Bay Neighbourhood Centre
(James) 0409 185 140
4pm - 6pm Thursday's

► Shed Night Fraser Coast

www.shednight.com
Facebook page:
Shed Night Fraser Coast
0412 441 174

It's about men sharing their stories of family, mates, sport, work, love, health and spirituality. Men grab a decent burger, stand around for a bit and then sit down to hear two or three champion guys get up and tell their story. Afterwards, there is tea coffee and chocky biscuits.

► Men's Line Australia (24 hours)

1300 789 978
National telephone and online support, information and referral service for men with family and relationship concerns.

► 1800 MYLINE (24 hours)

1800 695 463
Counselling and guiding young people on relationship issues.

► Family Relationship Advice Line

1800 050 321

► 1800 RESPECT

1800 737 732
Counselling for anyone experiencing, or at risk of, physical or sexual violence. 24 Hrs / 7 Days.

► A Time for Grandparents' Program

1300 135 500
www.grandparentsqld.com.au/program
For grandparents raising grandchildren.

► Parentline

1300 301 300
www.parentline.com.au
Available 7 days 8am-10pm.
Any parenting issue.

► Relationships Australia

1300 364 277
0438 691 411
www.relationships.org.au
320 Kent St, Maryborough

Relationship counselling, family dispute resolution (mediation) and programs for separated parents in high conflict.



► HABITS & ADDICTION

If you are struggling with a destructive habit like gambling, smoking, drugs or alcohol one of the best ways to overcome the addiction is through using support. You don't have to deal with it alone. There are many services available to help you break the cycle of addiction or dependency.

► Effects of Alcohol & Illicit Drug Use

www.adf.org.au/drug-facts
Alcohol and Drug Foundation (ADF) is Australia's leading organisation committed to preventing alcohol and other drug harms in our communities. Learn about the effects and laws around different drugs.

► Bridges Health & Community Care

1300 707 655 www.bas.org.au
Offer a range of interventions from psychological services, care coordination for people with serious mental illness and complex needs, through to counselling for youth, adults, families and carers.

► Gambling Help Services

4191 3100
www.gamblinghelponline.org.au
94 Old Maryborough Road, Pialba

Gambling Help is a free, face-to-face counselling service for people who may be struggling with their gambling or people who are affected by someone else's gambling.

► Alcoholics Anonymous

Hervey Bay - 0438 169 764
Maryborough - 0458 408 921

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

► Quitline: Quit smoking

13 78 48
Confidential, free service for people who want to quit smoking.

► Family Drug Support Line

1300 368 186
Provides non-judgmental, non-directive support and information for families and friends of drug and/or alcohol users across Australia.

► AODS (Alcohol & Other Drug Services)

4122 8777

► Australian Government

www.drugs.health.gov.au
If you or a friend or family member is looking for information or support about alcohol and other drugs here you will find a number of different resources to help you, or help you support someone you care about.

► Bayside Transformations

4194 6621
234 Torquay Tce
Provides rehabilitation support for people in recovery from drug and alcohol addiction.

► Hervey Bay Hospital

4325 6666
Provides comprehensive assessments for substance use, brief intervention, treatment planning, case management, counselling, residential treatment and referral if required. Assessment and Treatment, Clinical Consultation Counselling, Rehabilitation, Referral, Health Promotion and Prevention Strategies, Community Development, Needle and Syringe program outlet.

MEN'S HEALTH: LET'S CHECK

The daily smoking rate for Australian men has dropped from 27 per cent in 1995 to 17% currently.

(Australian Bureau of Statistics, Nov 2016)

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.

<p>425ml 1.5 Schooner full strength beer 4.9% ALC/VOL</p>	<p>285ml 1 Middy/Pot full strength beer 4.9% ALC/VOL</p>	<p>285ml 6.5 Middy/Pot low alcohol beer 2.7% ALC/VOL</p>
<p>375ml 1.5 Full strength beer 4.9% ALC/VOL</p>	<p>375ml 1.5 Full strength beer 4.9% ALC/VOL</p>	<p>170ml 1.5 Avg serve sparkling wine/Champagne 11.5% ALC/VOL</p>
<p>30ml 1 Spirit nip 40% ALC/VOL</p>	<p>100ml 1 Standard serve of wine 12% ALC/VOL</p>	<p>60ml 1 Port/Sherry 18% ALC/VOL</p>

► LEGAL HELP

Often at the most unexpected times, legal support for divorce, work related problems or personal injury may be the help that is needed. Legal support services are available to provide practical advice, solutions and accurate information with your best interests in mind.

► Men's Rights Agency

mensrights.com.au

An Australian nation-wide non-profit organisation providing assistance for men and their families when faced with separation, family law/ child support issues, false allegations, domestic violence etc and discrimination.

► Dispute Resolution Centre

1800 68 1109

The Dispute Resolution Centre provides an Alternative to the Court Process. It can mediate many kinds of dispute.

► Wide Bay Dispute Resolution Centre

4125 9225

1800 681 109

► Anti-Discrimination Commission Qld

1300 130 670

www.adcq.qld.gov.au

Counselling and guiding young people on relationship issues.

► Crime Stoppers

1800 333 000

► Department of Justice

Maryborough Court House

4121 1810

170 Richmond St, Maryborough

Hervey Bay Court House

4125 9300

Cnr Queens Rd & Freshwater St,
Scarness

► Justices of the Peace

1300 301 147

www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/about-justice-of-the-peace

Contact the Dept. of Justice & Attorney General, Justices of the Peace Branch, for details regarding 'Justices of the Peace' within the Fraser Coast District.

► Legal Aid Office (Qld)

1300 651 188

www.legalaid.qld.gov.au

Legal advice, representation, education, telephone information. Call centre also for detailed legal information.

► Probation and Parole Services

4125 9200

Community safety and crime prevention through humane containment, supervision and interventions with offenders. Servicing Fraser Coast.

► Seniors Legal and Support Service

4124 6863

6/16 Torquay Rd, Pialba

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

► Taylor Street Community Legal Service

4194 2663

A free legal service for disadvantaged people.

► FINANCIAL ASSISTANCE & SUPPORT

► Centrelink

13 24 90

www.centrelink.gov.au

6 Hunter Street, Pialba

207 Lennox Street, Maryborough

Deliver social and health payments and services.

► Uniting Care Community

Hervey Bay - 41913100

Maryborough - 4122 9000

Offers financial and gambling counselling services free of charge, assessing clients' financial situations and clearly explain what options are available in a comfortable and private session.

► Maryborough Neighbourhood Centre

4121 2141

FREE Financial Counselling at the centre every Monday from 1pm - 2pm.

This service is by appointment only.

► National Debt Helpline

1800 007 007

Peak body for financial counsellors in Australia. offer a free, independent and confidential service.

► Gambling Helpline

1800 858 858

Provides supports for anyone affected by gambling, for free 24/7. Help is available. For free and confidential support 24/7.

UNKNOWN FACTS ABOUT MONEY IN AUSTRALIA

1 & 2 cent coins – where are they now?

Some readers may not have ever even touched a 1 cent or 2 cent coin, though these little annoying critters were in circulation up until 1992 when they were finally halted from production.

Curious where these useless little coins ended up? Well turns out the bronze in these coins was melted down and used for the Bronze medals in the Sydney Olympic games of 2000. Talk about recycling!

The Mint does not make Australian notes. All our notes are printed in Victoria by a company called Note Printing Australia.

Notes

▶ ABORIGINAL & TORRES STRAIT ISLANDER & MULTICULTURAL SERVICES

▶ Galangoor Duwalami Primary Healthcare Service

4194 5554 / 4184 9969

www.galangoorduwalami.com.au

6 Tavistock Street, Torquay

Shop 1 87-89 Bazaar St, Maryborough

Provides comprehensive primary health and well-being services to the Aboriginal and Torres Strait Islander community in the Fraser Coast and surrounding area.

▶ Maryborough Aboriginal Corporation for Housing & Cultural Development (MACHCD)

4122 4382 / 0498 578 110

www.machousing.org.au

1/164 Bazaar Street, Maryborough

Support and housing for Aboriginal & Torres Strait Islander people.

▶ IUIH Home Support Hervey

1300 852 598

www.iuih.org.au

133 Denmans Camp Road, Kawungan

Household and social support to help Aboriginal and Torres Strait Islander Elders and those with disabilities stay in their homes for longer.

▶ Indigenous Health – Community Health

4122 8733

▶ Australian Group Latino Fraser Coast Inc. 0427 247 960

Friendship, language, Latin dance & Latin music for all nationalities.

▶ Community Action for a Multicultural Society Fraser Coast (CAMS):

4194 3000

To support all Queenslanders, regardless of their cultural, linguistic or religious backgrounds. Assistance available in advocacy, accessing services and with community capacity building activities.

▶ Translating and Interpreting Services National

13 14 50

Interpreting assistance, plus some translation services offered.

▶ Seniors Legal and Support Service

4124 6863

6/16 Torquay Rd, Pialba

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

▶ Taylor Street Community Legal Service

4194 2663

A free legal service for disadvantaged people.

▶ OLDER & WISER

▶ WVCS–Veterans & Veterans Families Counselling Service

1800 011 046

▶ Australia Men's Shed Association

1300 550 009

Find your local Men's Shed:

www.mensshed.org

▶ Halcro Street Community Centre

4194 2441

www.halcro.org

30 Halcro Street, Pialba

A range of activities to reduce social isolation and get involved in your community.

▶ Older Men Unlimited

0438 129 153 / 4194 0172

www.omuhb.com.au

Information and support for older men who may be feeling isolated and lonely.

"The older we get the more we talk to ourselves. It doesn't mean we are crazy. We could just care less what anyone else has to say anymore..." Anon.

SLEEP

Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think.
(Collins English Dictionary)

▶ Sleep Disorders Australia

www.sleepoz.org.au

Assisting with Sleep Apnea, Restless legs Syndrome, Insomnia & Other Sleep Disorders

▶ NODDS (Narcolepsy and Overwhelming Daytime Sleep Society of Australia) - www.nodss.org.au

"I will never be an old man. To me, old age is always 15 years older than me." Attributed to Francis Bacon

▶ RSL Sub-Branch

11 Torquay Road, Pialba – 4197 7477

163-175 Lennox Street, Maryborough
4122 2321

Pension & welfare support to the ex-service community.

▶ SES Fraser Coast (State Emergency Service)

103 Old Maryborough Rd, Pialba

4124 6900

www.ses.qld.gov.au

*"When I was young I used to admire intelligent people; as I grow older, I admire kind people."
Anon.*

Speaking to your doctor about your mental health is a good first step – if necessary, they can refer you to support services that best suit your needs. There are also several excellent organisations that older people can contact for help. They include:

▶ My Aged Care (aged care services provided by the Australian government)

1800 200 422

▶ At Ease (mental health support for veterans, ADF personnel and their family members) Online Help

▶ beyondblue (for people feeling depressed or anxious) 1300 22 4636 or Chat Online

▶ SANE Australia (people living with a mental illness) 1800 18 7263

▶ Black Dog Institute (people affected by mood disorders) Online Help

▶ Lifeline (for anyone having a personal crisis) 13 11 14 or Chat Online

▶ Suicide Call Back Service (24/7 counselling for anyone thinking about suicide) 1300 659 467 healthdirect.com.au

GET KNOWLEDGED

WHAT AFFECTS YOUR MENTAL HEALTH?

Your mental health can be influenced by a number of factors, including:

- Your genes (some mental health issues run in families)
- Divorce, separation, or the breakup of a long-term relationship
- The death of a loved one
- Losing your job, or job changes
- Going through bankruptcy
- Moving to a new home
- Coping with a natural disaster
- Caring for an aging parent
- The birth of your child
- Being diagnosed and living with a serious illness, or suffering a major injury

Admitting to yourself (and others, if necessary) that you have a problem, and getting the help you need is a sign of great strength.

With proper diagnosis and treatment, the vast majority of men with depression can be helped, and will go on to lead normal, happy lives.

► WHAT IS DEPRESSION?

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health. (beyond blue)

Signs & Symptoms

If you have been experiencing any of the following signs and symptoms for at least 2 weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Restlessness, irritability
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, suicide attempts
- Persistent physical symptoms



► WHAT ARE ANXIETY DISORDERS?

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure, they usually pass once the stressful situation has passed, or 'stressor' is removed.

Signs & Symptoms

While each anxiety condition has its own unique features, there are some common symptoms including:

- **Physical:** panic attacks, hot and cold flushes, racing heart, tightening of the chest, quick breathing, restlessness, or feeling tense, wound up and edgy
- **Psychological:** excessive fear, worry, catastrophizing, or obsessive thinking
- **Behavioural:** avoidance of situations that make you feel anxious which can impact on study, work or social life

► WHAT IS STRESS?

Stress is an unavoidable and in small doses a very important part of our lives. Without it, you'd never have been able to ask your high-school babe out on that first date or pull an all-nighter before a final exam. You couldn't beat out an infield single, your heart wouldn't pound while watching a horror movie, and you wouldn't feel the slightest joy at the birth of your child or buying a car. In some cases, stress can actually save your life.

Diagnosing Stress

Stress can cause a huge variety of physical, emotional, and behavioral symptoms. When you're dealing with acute, ongoing acute stress, or the early stages of posttraumatic stress, you may experience one or more minor symptoms such as:

HEADACHES, STOMACH TROUBLE, NAUSEA, INDIGESTION, CONSTIPATION OR DIARRHEA

LEARN ABOUT SOME GOOD WAYS TO DEAL WITH STRESS ► FOR EXAMPLE:

- Talk to someone you trust, call a friend,
- Phone Lifeline
- Have a health check with your GP
- Get exercise
- Eat a healthy, balanced diet
- Make time for things you enjoy

► NOT SURE WHAT TO DO NEXT?

If you or someone you know are finding it difficult to manage mental health issues, **seek professional help.**

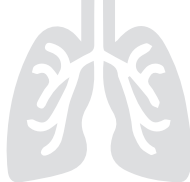
(Refer to our 'Who Can Help & What Can Guide You' page)

Whether it's self care, talking to a health professional, going to a hospital or calling triple zero (000).

► LUNG CANCER

Watch out for:

- A persistent cough
- Coughing up blood-stained phlegm
- Repeated bouts of pneumonia or bronchitis
- Shortness of breath
- Chest discomfort
- Loss of appetite
- Loss of weight



The symptoms don't always mean you have cancer, but they do need your doctor's attention. Your GP will organise a chest X-ray and if necessary will arrange a referral to a specialist lung doctor who will decide if you need further tests.

Remember! Early detection of lung cancer can make a difference to your chances of survival. If you have any of the symptoms listed above, see your doctor. Better still, reduce your risks of getting lung cancer by stopping smoking.

► BOWEL CANCER

MYTH: Colon cancer is a "men's disease"

FACT: Colon cancer is just as common among women as men

MYTH: Colon cancer cannot be prevented

FACT: In truth, when found early, colon cancer can be prevented from reaching an advanced stage

MYTH: I don't have any symptoms of colon cancer, so there's no reason to get screened

FACT: Regular screening is the key to early detection because colon cancer often has no obvious signs or symptoms in the early stages

MYTH: Age doesn't matter when it comes to getting colon cancer

FACT: A large percentage of cases of all colon cancers are found in people who are 50 and older

MYTH: There's only one way to get screened

FACT: Not true! Screening procedures have improved and there are a number of different methods available

FARTY FACTS:

- Surgery for bowel cancer doesn't always mean needing a permanent colostomy bag.
- Flatulence (farting) is not a definite sign of cancer, no matter how smelly.
- Just because someone in your family had bowel cancer doesn't mean you will also. But it is true that your risk is higher if a close relative (parent, sister or brother) had bowel cancer.

Watch out for:

- Blood in or on the stool (either bright red or very dark in colour)
- A persistent change in normal bowel habits such as diarrhea, constipation or both, for no apparent reason
- Frequent or constant cramps if they last for more than a few days
- Stools that are narrower than usual
- General stomach discomfort (bloating, fullness and/or cramps)
- Frequent gas pains
- A strong and continuing need to move your bowels, but with little stool
- A feeling that the bowel does not empty completely
- Weight loss for no known reason
- Constant tiredness

Note: Many people diagnosed never had any symptoms or early warning signs. Above are the most common signs but it is important to note that the symptoms are not unique – check with your doctor if you suspect a problem.

At the earliest opportunity, turn around. There are things you can do yourself to lower your risk:

- Pitch the junk food, fat and sugar and go for more fruit and vegetables
- Discuss any family history of bowel cancer with the doc
- Get some exercise
- Lose excess weight
- Most of all, quit the weed

See your GP if you have any of the symptoms listed.

► PROSTATE CANCER

MYTH # 1: Prostate cancer is an old man's disease

While it may be true that the older you are, the more likely you are to be diagnosed with prostate cancer there are many risk factors to consider. Your race, family history, physical health and lifestyle—even geographic location—are all factors that can increase your likelihood of developing prostate cancer.

MYTH # 2: If you don't have any symptoms, you don't have prostate cancer

Wrong. Prostate cancer is one of the most asymptomatic cancers in oncology, meaning not all men experience symptoms. Many times symptoms can be mistaken or attributed to something else. Signs of prostate cancer are often first detected by a doctor during a routine check-up.

MYTH # 3: Sexual activity increases the risk of developing prostate cancer

High levels of sexual activity or frequent ejaculation were once rumored to increase prostate cancer risk. In fact, some studies show that men who reported more frequent ejaculations had a lower risk of developing prostate cancer.

MYTH # 4: You can pass your cancer to others

Prostate cancer is not infectious or communicable. This means that there is no way for you to "pass it on" to someone else.

Watch out for:

- Difficulty peeing, even when you push hard
- Peeing more often than usual
- Getting up at night to have a pee only to get up again later on
- A feeling that you haven't quite got rid of it all when you pee
- Stop-start peeing
- Discomfort or burning when peeing
- Blood in your pee or semen
- Unexplained back or groin pain

IN AUSTRALIA, PROSTATE CANCER IS THE MOST COMMONLY DIAGNOSED CANCER IN MEN

► DIABETES

MYTH: Diabetes is not serious

FACT: There is no such thing as "mild" diabetes. All types of diabetes are serious and can lead to complications if not well managed. Diabetes can affect quality of life and can reduce life expectancy.

MYTH: Diabetes can be prevented

FACT: Not all types of diabetes can be prevented. Type 1 is an autoimmune condition, it cannot be prevented and there is no cure. The cause of type 1 diabetes is still unknown. Diabetes prevention programs can help prevent type 2 diabetes.

MYTH: You have to be overweight or obese to develop diabetes

FACT: Being overweight or obese is a risk factor for type 2 diabetes but it is not a direct cause. Type 1 diabetes is not preventable and not associated with weight, physical inactivity or any other lifestyle factors.

MYTH: People with type 1 diabetes can't participate in sports or exercise

FACT: Many Australian sport champions have type 1 diabetes.

MYTH: People with diabetes can't eat dessert

FACT: Because diabetes affects blood glucose levels, many people think they need to avoid sugars and foods containing sugar. However, if eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. The key is to eat everything in moderation.

► CONTACTS - WHO TO CALL

► **QLD Health Helpline**
13 HEALTH (13 43 25 84)

General health information, referral, and triage services. This number is serviced 24 hours a day by qualified staff, who will give you advice on who to talk to and how quickly you should do it.

► **Sexual Health**
Andrology Australia - 1300 303 878
www.andrologyaustralia.org.au

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

► **Sexual Health Service**
1800 675 859

► **Search for a doctor in your location.**
<https://www.healthdirect.gov.au/australian-health-services>

► **Health Direct**
1800 022 222
www.healthdirect.gov.au

Learn about health topics relevant to men, such as prostate cancer, male baldness, male depression and ... Men over 40 with a family history and all men over 50 should have screening according.

► **Diabetes Education Services**
4120 6670
www.adea.com.au/clinics/diabetes-education-services

► **Diabetes Queensland** 1800 177 055
www.diabetesqld.org.au
NDSS Helpline - 1300 136 588

► **Heart Foundation** 1300 362 787
www.heartfoundation.org.au

► **QuAc Clinic** (07) 3017 1777
Hervey Bay Neighbourhood Centre
Free sexual health tests are available for members of the LGBTI community in Hervey Bay. The clinic is open once a month on a Wednesday at Hervey Bay Neighbourhood Centre 22 Charles St, Pialba.

AUSTRALIAN GUIDE TO HEALTHY EATING

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts

Only sometimes and in small amounts

Eat Well

Good nutrition is not only associated with better physical health, but better mental health as well. Eating well is associated with a lower risk of mental health disorders such as depression and anxiety.

Sleep Well

Disrupted sleep can be both a cause and a consequence of mental health disorders, therefore getting better sleep just might result in improved mental health!

Exercise Regularly

Get moving! Exercise is an excellent way to feel better both physically and mentally. Doing regular exercise has been shown to be a great way to maintain good mental health.

Drink Less Alcohol

If you chose to drink alcohol, do so in moderation. While alcohol may temporarily lift your mood or improve anxiety, overdoing it can in the longer term lead to depression and anxiety.

Have Fun

Engage in activities you enjoy and are passionate about. It's one of the best ways to maintain good mental health.

MEN'S HEALTH: LET'S CHECK

Want some help making sense of all this stuff? A local dietitian can work with you to come up with an eating plan, based on your age, weight, health, metabolism, likes and dislikes. Ask your GP or community health centre or visit www.daa.asn.au to find a dietitian near you.

MAKE MAN TIME ► STAY CONNECTED

A Chat Lap is going for a drive with a mate, and having a chat. It's as simple as that.

Blokes often prefer to talk side-by-side, rather than face-to-face, which makes a car trip the perfect time for an open and honest conversation, without it being weird.

A conversation can make the difference in helping someone feel less alone and more supported, no matter where you have it. As a mate, don't underestimate the power of just 'being there'.

Simple Steps That Could Change A Life

Your mates are important and spending time with them is good for you.
Catch up regularly, check in and make time.

Have open conversations You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving. Reaching out is crucial.

Got a niggling feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up.



1. Ask



2. Listen



3. Encourage action



4. Check in

Conversations need to happen every day. Encourage more people to ask R U OK?

WWW.RUOK.ORG.AU

WHO CAN HELP WHERE TO GO TO & WHAT CAN GUIDE YOU

ALLIED HEALTH WORKERS – FRASER COAST ► WWW.OURPHN.ORG.AU/WP-CONTENT/UPLOADS/2017/04/ALLIED_FRASER_FORWEBSITE.PDF

THE BLACK DOG INSTITUTE ► WWW.BLACKDOGINSTITUTE.ORG.AU

BEYONDBLUE ► WWW.BEYONDBLUE.ORG.AU

SUPPORT AFTER SUICIDE ► WWW.SUPPORTAFTERSUICIDE.ORG.AU

HEAD TO HEALTH ► WWW.HEADTOHEALTH.GOV.AU

AUSTRALASIAN MEN'S HEALTH FORUM ► WWW.AMHF.ORG.AU

AUSTRALIAN FAMILY RELATIONSHIPS ► WWW.FAMILYRELATIONSHIPS.GOV.AU

DADS IN DISTRESS ► WWW.DADSINDISTRESS.ASN.AU

ABORIGINAL MEN'S AND BOYS' HEALTH ► WWW.AHMRC.ORG.AU/AMH/AMH

CENTRE FOR ADVANCEMENT OF MEN'S HEALTH ► WWW.MANNET.COM.AU

FOUNDATION 49 – MEN'S HEALTH ► WWW.49.COM.AU

MEN'S RIGHTS AGENCY ► WWW.MENSRIGHTS.COM.AU

MEN'S SHEDS ► WWW.MENSSHED.ORG

MAN THERAPY ► WWW.MANTHERAPY.ORG

PROSTATE CANCER FOUNDATION AUSTRALIA ► WWW.PROSTATE.ORG.AU SANE AUSTRALIA

SANE AUSTRALIA ► WWW.SANE.ORG

REACH OUT! ► WWW.AU.REACHOUT.COM

MINDSPOT ► WWW.MINDSPOT.ORG.AU

ON THE LINE ► WWW.ONTHELINE.ORG.AU

Q LIFE ► WWW.QLIFE.ORG.AU

MY HEALTH FOR LIFE ► WWW.MYHEALTHFORLIFE.COM.AU

MOODGYM ► WWW.MOODGYM.COM.AU



VERY IMPORTANT NUMBERS

If you feel you can't talk to anyone in your immediate support circle about some of the issues you are going through – that's okay! There are many external and anonymous ways of getting support. Just don't leave it for too long before seeking the mental health tools you need.

Below is a list of help sources for immediate help.

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on:

000 (or 112 from a mobile phone)

To talk to someone now call:

► **Lifeline**

13 11 14

► **Suicide Call Back Service**

1300 659 467

OTHER 24 HOUR EMERGENCY INFORMATION:

► **Men's Line Australia**

1300 789 978

► **Alcohol and Drug Information Service**

1800 177 833

► **STANDBY RESPONSE SERVICE**

0407 766 961

24hr Suicide Bereavement Support

► **Direct Mental Health**

1300 64 22 55

**HOTLINES, EMERGENCY, AFTER HOURS
AND MENTAL HEALTH SERVICES:**

► **Maryborough Hospital**

4122 8222

► **Hervey Bay Hospital**

4325 6666

► **eheadspace**

1800 650 890

Confidential, free and secure space, 12 to 25 and family can web chat, email or speak with a qualified mental health professional.

► **healthdirect**

1800 022 222

24hr health advice

► **Mental Health Line**

1800 011 511

Expert mental health advice, support and referrals for people dealing with a mental health problem.

**BEING A GOOD MATE IS ABOUT
SUPPORTING A PERSON IN THAT
SPACE AND GENUINELY LISTENING
TO WHAT THEY HAVE TO SAY. YOU
DON'T HAVE TO BE AN EXPERT OR
NECESSARILY HAVE ANY OF THE
ANSWERS TO PEOPLE'S PROBLEMS.
JUST THE ABILITY TO LISTEN.**

