

## How can you get involved?

To continue our important work, MRT welcomes corporate and individual contributions in any of the following ways:

- become a financial member (visit <http://www.mrtasmania.org/memberships.html>)
- sponsor the reprinting of the **Bloke's Book** (men's health information and contacts)
- join the Board and help us to continue to grow
- sponsor an event
- provide in-kind assistance
- sponsor MRT to help us continue to grow and extend the health and wellbeing of men and boys in our community.



**Men's Resources Tasmania** is a community based, for purpose (NFP) organisation that supports and promotes the wellbeing of men and boys in Tasmania. We contribute a male voice to community conversations and public sector policy, particularly around social, health and wellbeing issues relevant to men. We operate primarily through volunteer involvement, with some support from member organisations.

## What do we do?

We are focused on the following activities:

- **delivering men's health presentations** to organisations and groups within Tasmania
- creating a point of contact for resources and referral for men and boys
- contributing a positive male perspective to government and community sector policy and program development
- promoting positive, healthy stories of masculinity in our community.

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# Men's Resources Tasmania



Support for men  
and boys  
[www.mrtasmania.org](http://www.mrtasmania.org)



## Why men's health?

- ☒ nationally, males account for three quarters of completed suicides (and rates have risen in recent years)
- ☒ males have a shorter life expectancy, higher rates of death from most non-gender specific causes across all age groups, and a higher lifetime risk of many cancers and chronic conditions
- ☒ males account for 93% of all work-related fatalities, and over 70% of all work related injury



## About Men's Resources Tasmania

### Incorporated in 2014, Men's Resources

Tasmania (MRT) previously operated for over seven years as an informal network of men and women from Tasmanian health and community sector organisations who were interested in working together to improve support for men.

During that time, the network met up to four times each year, contributed submissions to government policy discussions, ran several Men's Health Week events and promoted men's health and wellbeing information and resources across the community sector.

Since 2014, MRT has expanded its membership, established a website, delivered presentations and consultations, held public events and contributed public submissions to

policy consultations. We have also continued to share current research, news

and other information and resources with the community sector, to enable continued improvement of opportunities for men and boys.

MRT is here to raise awareness of social, health and wellbeing issues affecting men and boys. While many men are well connected, supported and successful in most areas of their lives, some men experience significant challenges—as single parents, through redundancy or unemployment, illness, relationship breakdown or any number of other situations. Of course, men who appear to be highly successful also experience periods of challenge.

All men are entitled to quality support to help them deal with whatever challenges they face in life. MRT wants to help build bridges between men and boys and the services that can support them. With this goal in mind, MRT advocates to government and the community sector for improved services for men.

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



## Get in touch

Please contact us to find out more about how we can work together to improve the health and wellbeing of men and boys in Tasmania.

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