

Links and resources – men’s health and wellbeing

Thanks for joining us recently at our presentation on Men’s Health and Wellbeing. Here is a list of a few websites and potentially useful resources that you may find useful.

The Men’s Resources Tasmania website can be found at www.mrtasmania.org The site is still pretty new and more information will be added to it as we progress. If you think there is specific information that you would like to see included, please email us at infomrtas@gmail.com

Remember the key messages about maintaining your health and wellbeing:

- S – Stop Smoking - *never quit quitting*
- N – Nutrition – *maintain a healthy diet*
- A – Alcohol reduction – *try to have a few days free of the boose each week*
- P – Physical Activity – *aim for at least 30 mins a day, where you get a sweat up*
- S – Psycho / Social – *talk to your mate, and try to maintain a healthy work/life balance*

ALSO:

- Know your family history
- Get to know your doctor and book in an annual check up
- Get the right health checks for your age
- Plan for the future – especially retirement
- Be a great dad or mentor to a young person. They need good men in their lives.

Reference	content	Web sites and links
Andrology Australia	Information about Sexual and Reproductive health in males	www.andrologyaustralia.org www.andrologyaustralia.org/sexual-difficulties-2/erectile-dysfunction-2/
Australasian Men’s Health Forum	Peak body for a social approach to men’s health in Australia Information Kit:	www.amhf.org.au/ www.amhf.org.au/informationkit
Beer and Bubs	Pub based dad-to-be facilitated group sessions	www.beerandbubs.com.au/
Beyond Blue	Online and phone resource regarding Anxiety and Depression 1300 224 636	www.beyondblue.org
Blokes’ Book	health and wellbeing Information and contacts for Men and boys	www.dhhs.tas.gov.au/pophealth/mens_health
Cancer Council		www.cancer.org.au/
Cancer -Prostate		www.prostate.org.au/articleLive/
Foundation 49 – an online health check	On-line health check and useful information about men’s health. Provides recommendations about what checks to get at each stage of life.	https://ws.49.com.au/preliminary-mens-health-assessment/ www.49.com.au/mens-health/health-in-your-decade-of-life/

Fatherhood Project	Australia: US	www.fatherhood.com.au/ www.thefatherhoodproject.org/ www.youtube.com/watch?v=Mz-j_tg6QKY
Fatherhood Institute	UK organisation – great resources for working with fathers	www.fatherhoodinstitute.org/
Mantherapy and Dr Brian Ironwood	Great website for men regarding their health. Humorous but informative	http://mantherapy.org.au/
Man2Man program	Information and online counseling and discussion to support men who have sex with men	www.m2mtas.com/
Men's Health Australia	Useful online resource to connect to all sorts of men's health information	www.menshealthaustralia.net
Men's Resources Tasmania	Tasmania's new organisation supporting the wellbeing of men and boys	www.mrtasmania.org
MensLine Australia	Online and phone line assistance for men regarding their relationships, but support for other areas too	1300 78 99 78 www.mensline.org.au
Mentoring: White Lion Australian Youth Mentoring Network Driver mentoring Man-Making	White Lion is an organisation that matches people with young people for mentoring opportunities Man-Making is a really great Blog by Earl Hipp. From the US, he is very passionate about mentoring, and men taking on a role of looking out for younger men. His blog provides inspirational stories and practical suggestions as to ways to get involved.	www.whitelion.asn.au/index.php?sectionID=51&pageID=51&staticID=Tasmania www.youthmentoring.org.au http://drivermentoringtasmania.org http://journeytomanhood.blogspot.com.au
Movember		http://au.movember.com/
Men's Referral Service	Victorian based, but take calls from men generally. Support for men seeking help with stopping their use of violence	www.mrs.org.au 1300 766 491
One In three campaign	Information and contacts for men who experience family violence	www.oneinthree.com.au

Prostate Cancer Foundation of Australia		www.prostate.org.au/
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Rites of Passage	The Pathways Foundation: In Tasmania:	www.pathwaysfoundation.com.au/ http://tasmen.org.au/what-we-do/10-community-rites-of-passage-crop
R U O K –	great resources on how to check on your mates	www.ruok.org.au/
Tasmanian Council on AIDS Hepatitis and Related Diseases		http://tascahd.org.au/
Tasmanian Men’s Shed Association	Information about the men’s sheds in Tassie, as well as locations of sheds around Tasmania	www.tasmanianmensshed.org.au/
TasMen	Men’s groups Annual Men’s Gathering Rites of Passage programs	www.tasmen.org.au
White Ribbon Campaign	Campaign to stop violence against women and children	www.whiteribbon.org.au/

You tubes:

Billy Joel – song – Downeaster Alexa	https://www.youtube.com/watch?v=LVIDSzbrH5M
Absent Movie trailer – about the importance of involved dads:	https://www.youtube.com/watch?v=llyVeYCifoQ&feature=youtu.be
The temptation of Dad’s to say “Be a Man”	http://www.upworthy.com/theres-something-absolutely-wrong-with-what-we-do-to-boys-before-they-grow-into-men?c=gt1
Kids perspectives on Dad’s	https://www.youtube.com/watch?v=htOowSxVGyl
Testicular Cancer – how to self check	http://www.checkmlads.com/v1.htm

Books: - available at Finch Publishing	http://www.finch.com.au/browse-books
Raising Girls and Raising Boys, and Manhood	Steve Biddulph.
Dads and their Daughters	Bruce Robinson
Dad Factor	Dr Richard Fletcher
The Making of Men	Dr Arne Rubenstein
Raising Teenage Boys	Andy Roy
The Real Man’s Tool Box – A DIY health manual for men	Tammy Farrell
The Rough Guide to Men’s Health	Lloyd Bradley