National Male Health Policy Supporting Document

ACTION MALES CAN TAKE NOW
What’s in this document?

*Action Males Can Take Now* gives advice on male health and gives links to further information on:

- Healthy minds (mental health)
- Healthy routines
- Healthy reproductive behaviours, and
- Healthy limits.

For background information on each of these topics please see other supporting documents to the Policy.

Healthy minds

- Talk to family, friends, a doctor or mental health professional if you feel stressed or have mental health problems. It is a sign of strength to take action to fix a problem.

- Call a confidential helpline:
  - MensLine – 1300 78 99 78
  - Lifeline – 13 11 14
  - beyondblue Info line – 1300 22 4636
  - SANE Helpline (wide range of information on mental illness and suicide prevention) – 1800 18 SANE (7763) or www.sane.org
  - Kids Helpline – 1800 55 1800
  - Veterans and Veterans Families Counselling Service – 1800 011 046

- Get information on mental health problems, how to build your coping skills and resilience, and where to get help:
  - beyondblue – www.beyondblue.org.au
  - youthbeyondblue – www.youthbeyondblue.com
  - Black Dog Institute – www.blackdoginstitute.org.au
  - Mental Health in Australia (Australian Government) – www.mentalhealth.gov.au
  - The MoodGYM (an interactive online course for overcoming problem emotions and developing good coping skills) – http://moodgym.anu.edu.au
  - Reach Out (for young people) – http://au.reachout.com
  - SANE Australia – www.sane.org

- Get connected – join a social group or activity you are interested in:
  - Australian Men’s Shed Association – www.mensshed.org
  - Volunteering Australia (information on volunteering) – www.volunteeringaustralia.org

Maintaining your own health is important, but it is not always easy to know how to do this or where to go if something goes wrong. This supporting document has information on a range of male health services and useful websites. You and your friends are encouraged to make use of them.
• If you are caring for someone:
  – Commonwealth Respite and Carelink Centres
    (for respite and other community services) –
    1800 052 222. Emergency (after hours) respite –
    1800 059 059
  – Carers Australia (puts you in touch with
    other carers, and the National Carer
    Counselling Program) – 1800 242 636,
    www.carersaustralia.com.au
  – Alzheimer’s Australia (if you are caring for someone
    with dementia) – National Dementia Helpline
    1800 100 500, www.alzheimers.org.au
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      (for respite and other community services) –
      1800 052 222. Emergency (after hours) respite –
      1800 059 059
    – Carers Australia (puts you in touch with
      other carers, and the National Carer
      Counselling Program) – 1800 242 636,
      www.carersaustralia.com.au
    – Alzheimer’s Australia (if you are caring for someone
      with dementia) – National Dementia Helpline
      1800 100 500, www.alzheimers.org.au

• For more information see the HealthyMinds
  supporting document.

Healthy routines
Get information on preventable diseases, risk factors and
simple steps to start and to keep a healthy routine:

• HealthInsite (Australian Government health information
  website) – www.healthinsite.gov.au
• M5 Project: Men’s Preventive Health (Royal
  Australian College of General Practitioners) –
  www.m5project.com.au
• Foundation 49 – www.49.com.au (see also the
  Access to Health Services support document for
  more details)
• Freemasons Foundation for Men’s Health (tips on
  losing weight and assessing your own health risks) –
  www.adelaide.edu.au/menshealth
• Cancer Council Australia – www.cancer.org.au –
  Helpline 13 11 20
  Infoline 1300 136 588
• Heart Foundation – www.heartfoundation.org.au –
  1300 36 27 87
  – Have your risk of cardiovascular disease assessed
    by a GP
  – Recognise the warning signs of heart attack –
• Measure Up – www.measureup.gov.au
  – Measure your waist (men have an increased risk of
    chronic disease if their waist measures more than
    94 cm and a greatly increased risk if their waist
    measures more than 102 cm)
• National Stroke Foundation –
  1800 787 653
• QUIT Now: the National Tobacco Campaign –
  www.quitnow.info.au – Quitline 131 848 or 13 7848.
  – Participate if you receive an invitation to participate in
    the National Bowel Screening Program.

Follow the Heart Foundation’s top five tips
for sticking with healthy living resolutions

• Small changes to your eating habits can
  make a big difference. Try switching to
  reduced fat milk instead of full fat milk,
  ditching the cakes or biscuits for morning
  tea, and choosing a piece of fruit or opting
  for wholegrain bread instead of white.
• Look for ways to build physical activity into
  your day. Walk or ride a bike instead of
  driving. If you must drive, park further away
  and walk the extra distance rather than
  driving around for the perfect park, or take a
  break during the day and go for a 15-minute
  walk.
• Review the changes you’ve made and note
  how you are feeling. Changes should be long
  term, so it’s important to be enjoying your life
  and feeling good about yourself.
• Reward yourself – when a change becomes
  a habit, buy yourself some new clothes, or
  visit a place you enjoy.
• Keep going with your changes – it’s normal
  to have days when it all becomes too hard,
  but don’t worry about it. Just keep going
  with your changes the next day.

Healthy reproductive behaviours
• Get evidence-based information on reproductive
  health issues from reputable organisations, such as:
  – Andrology Australia – www.andrologyaustralia.org –
    1300 303 878
  – Prostate Cancer Foundation of Australia –
    www.prostate.org.au – 1800 220 099
    Helpline 13 11 20
  – beyondblue (information on depression, anxiety and
    prostate cancer www.beyondblue.org.au – Info line
    1300 22 4636
  – Impotence Australia –
  – Continence Foundation of Australia (for
    help with bladder or bowel incontinence) –
    www.continence.org.au – 1800 33 00 66

• Talk to your doctor about having a health check or if
  you are experiencing symptoms.
• Get your blood pressure and your blood
  cholesterol checked.
• For more information see the Healthy Routines
  supporting document.
- Talk to your doctor about reproductive issues, including prostate cancer, particularly if you have a family history of it or if you have erectile dysfunction. There are successful, safe treatments available.

- If you experience erectile dysfunction it is important to see your doctor, whether or not you would like to have sex. Erectile dysfunction may be a symptom of underlying medical conditions such as cardiovascular disease. It is important to talk openly to your doctor about any problems with sexual functioning.

- Try to follow the simple steps outlined in Healthy Routines supporting document, and have regular preventive health visits to your doctor to check for conditions such as heart disease, diabetes and high blood pressure, particularly if you are experiencing erectile dysfunction.

- For more information see Healthy Reproductive Behaviours supporting document.

**Healthy limits**

**Alcohol and drug use**


- Get information about drugs and drug use – www.drugs.health.gov.au


- Never share needles, syringes or other drug equipment.

**Safe sex**

- Get information about STIs (sexually transmitted infections) – www.sti.health.gov.au or www.shfpa.org.au

- Always wear a condom for any sexual contact with casual partners

- See your doctor, family planning clinic or sexual health clinic about STI testing if you have had unsafe sex or have symptoms such as pain, discharge or itching in your genital area

- Find your closest (sometimes free) sexual health clinic at:


- WA – www.public.health.wa.gov.au/2/421/2/where_can_i_go_for_help.pm

**Safe driving**

- Get youth-friendly driving information – www.ryda.org.au

For more information see the Healthy Limits supporting document.

**Note:**

This document provides links to external websites and contact information for various organisations. The external websites and contact information listed are provided as a guide only and should not be considered an exhaustive list. All contact details were correct at the time of publication, but may be subject to change. The Commonwealth of Australia does not control and accepts no liability for the content of the external websites or contact information or for any loss arising from use or reliance on the external websites or contact information. The Commonwealth of Australia does not endorse the content of any external website and does not warrant that the content of any external website is accurate, authentic or complete. Your use of any external website is governed by the terms of that website.