

## **Support for Men**

### **Supports for Young Men**

- **Headspace** (1800 650 890) offer free online and telephone services that support young people aged between 12 and 25 and their families.
- **Kids Helpline** (1800 55 1800) offer free online and telephone counselling specifically for young people aged between 5 and 25.
- **Mentoring Men** (1300 583 925) is a registered Australian charity providing life mentoring programs for adult men in the community. Men are paired with a mentor and have regular opportunities to talk to them and learn about life. Men are encouraged to sign up to the program at [mentoringmen.org.au](http://mentoringmen.org.au).

### **Men as Carers**

- **Carer Gateway** (1800 422 737) work to improve the health, wellbeing, resilience and financial security of carers and to ensure that caring is a shared responsibility of family, community and government.
- **SANE** (1800 18 7263) offer phone, online counselling and peer support for people living with complex mental health issues and the people who care about them. Lines are open Monday to Friday 10am to 10pm. SANE offer a friends, family and carers forum at [saneforums.org](http://saneforums.org).
- **Young Carers Network** support people up to 25 years old who provide unpaid care and support to family members or friends who have a disability, mental illness, chronic condition, an alcohol or other drug issue or who are frail aged.
- **Family Drug Support** (1300 368 186) is a free, national, 24 hour service for families dealing with drug and alcohol. Support is available via telephone, support groups (only online available in Townsville at <http://www.fdsonline.org.au/>), education programs, counselling and bereavement services.

### **Men as Parents**

- **ParentLine** ([parentline.com.au](http://parentline.com.au)) has great resources for parenting across the ages. They also have a phone line available from 8am to 10pm seven days a week on 1300 30 1300.
- **DadStuff** ([supportforfathers.com.au](http://supportforfathers.com.au)) offers free webinars for dads and father-figures. Sessions run monthly from August to December 2020. The website also has resources and a professional toolkit.

### **Men and Relationships**

- **Parents Beyond Breakup** (1300 853 437) is a charity that supports parents experiencing trauma related to family breakdown and separation (from their former partner and/or from their children). **Dads in Distress** offers free help for separated dads through a helpline Monday to Saturday 9am to 5pm, 24/7 online chats, email ([helpline@parentsbeyondbreakup.com](mailto:helpline@parentsbeyondbreakup.com)), online support meetings, and through Facebook messenger.
- **1800RESPECT** is a 24 hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of DFV or sexual assault.
- **Men's Referral Service** (1300 766 491) from No to Violence offers assistance, information and counselling to help men who use family violence.

### **Mental Health Support (Including Phone and Online)**

- **MensLine** (1300 78 99 78) offers online, video and phone counselling. It also has resources on their website ([mensline.org.au](http://mensline.org.au)) for relationships, fathers, mental health, and family violence.
- **Mind Spot** (1800 61 44 34) is Australia's only free therapist-guided digital mental health clinic. They provide information about mental health, online assessments, and online treatment to adults with anxiety, stress, depression and chronic pain. This service is for 18+.

- **eCouch** ([ecouch.anu.edu.au](http://ecouch.anu.edu.au)) is a self-help, self-paced program that includes exercises, workbooks and information about emotional experiences like anxiety, depression, OCD, divorce or separation and grief and loss.
- **Victims Counselling and Support Services** has a 24 hour appointment making, information and telephone referrals line. The number is 1300 139 703 and people are able to access this if they have experienced or witnessed a violent crime. Callers don't need to have reported their crime to receive support. This service is available for ages 6+.
- **Brother to Brother** is the first 24-hour hotline assisting Aboriginal men throughout COVID19. The crisis number is 1800 435 799, and although the organisation is based in Victoria, they will receive calls from any Aboriginal men in Australia who need help. This line is staffed by Aboriginal men, including elders to promote a culturally-safe service. Below are some links to further information.
  - <https://www.abc.net.au/news/2020-07-29/brother-to-brother-helpline-supports-aboriginal-men-in-pandemic/12501892>
  - <https://www.dardimunwurro.com.au/>
- **CLAN** (1800 008 774) is open to any person who grew up in a orphanages, children's homes, missions and foster care in Australia and New Zealand or whose parents or other family members had this experience. This service offers free counselling, support in getting state files and records, helping locate lost family members and friends, assistance with redress applications, and support with Centrelink, housing departments, police and courts.
- **First Light** ([firstlight.org.au](http://firstlight.org.au)) connects young widowed people from all backgrounds and relationship structures to resources, programs and a community that will support them through the overwhelming task of re-building their world after the loss of the life they knew and the future they'd planned for.
- **SANDS** ([sands.org.au](http://sands.org.au)) is a miscarriage, stillbirth and newborn death support group. It provides 24 hour support on 1300 072 637
- **Open Arms** (1800 011 046) offer a 24hr crisis support line as well as face-to-face and online counselling for anyone who has serviced in the Australian Defence Force, their partners and their children (including adult children). That means that if your parent or partner have served in the Defence Force, you are able to access counselling and support.

### Facebook Supports

- Dads in Distress Support Services
- Direct Advice 4 Dads – Support for expecting, new dads and dads with toddlers. Website also available that offers practical advice and tips by dads for dads.
- Who's Your Daddy? – Townsville based support group for new fathers.

### Mobile Apps

- **Beyondnow** is a suicide safety planning app. Convenient and confidential, this app puts your safety plan in your pocket so you can access and edit it at any time.
- **Watch Over Me** is similar to the bSafe app where you can track your location for a period of time until you reach your intended destination. If you don't confirm your safety by the time allocated, the app contacts your designated friends with your GPS location. Shaking the phone can also trigger an alert.
- **Living Well** is specifically designed to assist men who have been sexually abused in childhood and is designed to complement, not replace, the work of a qualified health professional.
- **Daddy Up** is an app for expecting fathers. It is described as a man's field guide to pregnancy with wise words from seasoned dads.
- **Quick Tips for New Dads** is the ultimate survival guide for new dads, made by dads. It includes quick, practical advice to help you become a great dad.
- **ChoreMonster** is a parent and child app that allows you to create a list of chores for your kids to complete with a list of rewards. The interface is geared toward kids aged 4 to 12, but it should be

able to work for older kids too. When the kids complete a chore, they submit it for review and receive points toward their rewards.

- **How to Cook Everything** is an all inclusive cooking app with over 2,000 recipes with how to illustrations. Great for men who don't know their way around the kitchen but want to.

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