

MEN'S WELLBEING GUIDE

MEN
& CO.
SERVICES

MEN AND CO. SERVICES
CHOOSING CHANGE.

ACKNOWLEDGEMENT

We acknowledge and pay respect to the traditional owners of the lands on which we work and live; the Jagera, Yugambah, and Quandamooka peoples and to the more than 250 Indigenous nations across Australia.

We recognise our First Nations peoples continued connection to land, sea, culture and community. We learn their histories and teachings through considered and purposeful collaboration and reconciliation.

Men & Co. Services recognises sovereignty has never been ceded.

Always was and always will be.

WELLBEING IS THE
STATE OF BEING
COMFORTABLE,
HEALTHY, OR HAPPY.

Wellbeing is different from person to person. Typically, you have healthy wellbeing when you feel safe, calm and content in your everyday life.

WAYS TO IMPROVE + MAINTAIN WELLBEING

To improve or maintain wellbeing, there are many elements of looking after yourself that you need to intentionally work on. These are:

PHYSICAL

movement, nutrition, sleep, rest, sexual need.

EMOTIONAL

navigating emotions, stress management, compassion, seeking support.

PERSONAL

boundaries, self-care, hobbies, taking breaks, learning or developing a skill.

PROFESSIONAL

work boundaries, time management, taking breaks, professional development.

SOCIAL

connection with others, support systems, boundaries, positive social media.

SPIRITUAL

meditation or prayer, music, nature, beliefs and values, connecting inwardly, gratitude.

SPACE

safety, organised space, stimulating environment.

FINANCIAL

conscious relationship with money, goal-setting, money management, saving.

MENTAL HEALTH VS MENTAL ILLNESS

Mental health is a vital part of your overall wellbeing. You can struggle with your mental health (when you are going through a tough time and life is getting you down) and not be experiencing a mental illness.

Some things that might impact mental health temporarily include relationship problems, financial stress, work stress, physical illness, unemployment, retirement, drug and alcohol use, partner's pregnancy, and transitional stages (e.g. new baby, new job etc.).

A mental illness is a serious health problem that significantly impacts your thinking and behaviour. If your mental health is not at a level where you can function normally, you may want to speak to a professional about support. Most mental illness and mental health concerns can be treated or managed effectively.

Some examples of mental illnesses include anxiety, depression, post-traumatic stress disorder (PTSD), bipolar and schizophrenia.

A good first step when you are struggling is reaching out to someone you trust or seeking professional support from a GP, psychologist or counsellor.

KEY THINGS TO REMEMBER

- Mental health is a state of health. It is just as valid as physical health.
- Everyone 'has' mental health.
- Mental health can ebb and flow - it is neither a sign of weakness, nor necessarily a sign of mental illness.

STRESS

Stress is very common and is a normal response to difficult or new situations and experiences. In the short term, stress can help motivate you and push you over the finish line of a challenging task. However, in the long term, it can have significant health issues.

PHYSICAL IMPACTS OF LONG-TERM STRESS

- Delayed wound healing.
- Weakened immune system.
- Racing heart and chest pain.
- Increased blood pressure.
- Tightness, clenching and tension in the jaw.
- Difficulty sleeping, insomnia and exhaustion.
- Headaches and upset stomach.
- Changes in appetite.
- Withdrawing from family and friends.
- Reliance on substances or drugs.

MENTAL IMPACTS OF LONG-TERM STRESS

- Feeling overwhelmed and unable to cope.
- Feeling distraught and hopeless.
- Feeling irritable or easily angered.
- Unstoppable worries in your head.
- Concerning thoughts of self-harm or suicide.
- Difficulty concentrating.

UNHELPFUL WAYS TO RESPOND TO STRESS

- Gambling or spending money impulsively.
- Over or under eating.
- Throwing yourself into your work.
- Drinking, smoking or consuming drugs.

Some helpful ways to respond to stress include reaching out for support, speaking to a loved one or a supportive person, or seeking professional support, like a therapist, to help you get back on track.

YOUR NERVOUS SYSTEM

The nervous system plays a vital role in responding to your environment. It is a network that communicates messages back and forth from the brain to different parts of the body.

SYMPATHETIC

The sympathetic nervous system triggers when there is a real or perceived threat to our safety. The heart beats faster, and blood flow increases to arms and legs to prepare for fight, flight, freeze or fawn. Adrenaline and cortisol are released to help the brain and body act quickly. The thinking brain goes "offline" because the fight or flight response focuses on action, not thinking (see Flip Your Lid on the next page!).

PARASYMPATHETIC

The parasympathetic nervous system triggers to promote rest and calming down, AKA the 'chill-out' system. It helps you to feel calm, cool and connected and to manage minor stressors that may arise. When it is activated, your heart rate slows down, and you may begin to feel stress and fear fade away.

STRESS RESPONSES

FIGHT

Confront the threat.

Examples include rage, verbal aggression, outbursts and physical fighting.

FLIGHT

Run away from the threat.

Examples include walking away, backing out of a situation or changing the subject in an argument.

FREEZE

Shut down and ignore the threat.

Examples include feeling numb and physically not being able to respond or move.

FAWN

Do what the threat wants (i.e. people pleasing).

Examples include agreeing with something or someone to avoid conflict or neglecting your boundaries.



FIGHT



FLIGHT



FREEZE



FAWN

FLIPPING YOUR LID

YOUR BRAIN HAS THREE SECTIONS:

- The hindbrain is responsible for basic and essential functions, i.e. breathing, movement and connecting the brain to the body.
- The midbrain is responsible for emotions and memory.
- The forebrain is responsible for complex thinking and decision-making, such as logic and reasoning.

HAVE YOU HEARD OR USED THE PHRASE "FLIPPING YOUR LID"? WELL, IT ACTUALLY DESCRIBES WHAT HAPPENS WHEN YOU GET STRESSED OR SCARED; YOUR BRAIN ESSENTIALLY 'FLIPS OUT'.

When something stressful, scary or traumatic happens, your forebrain (complex thinking brain) flips its lid. You go into survival mode. Because your thinking brain has gone offline, you can't make rational, logical or complex decisions.

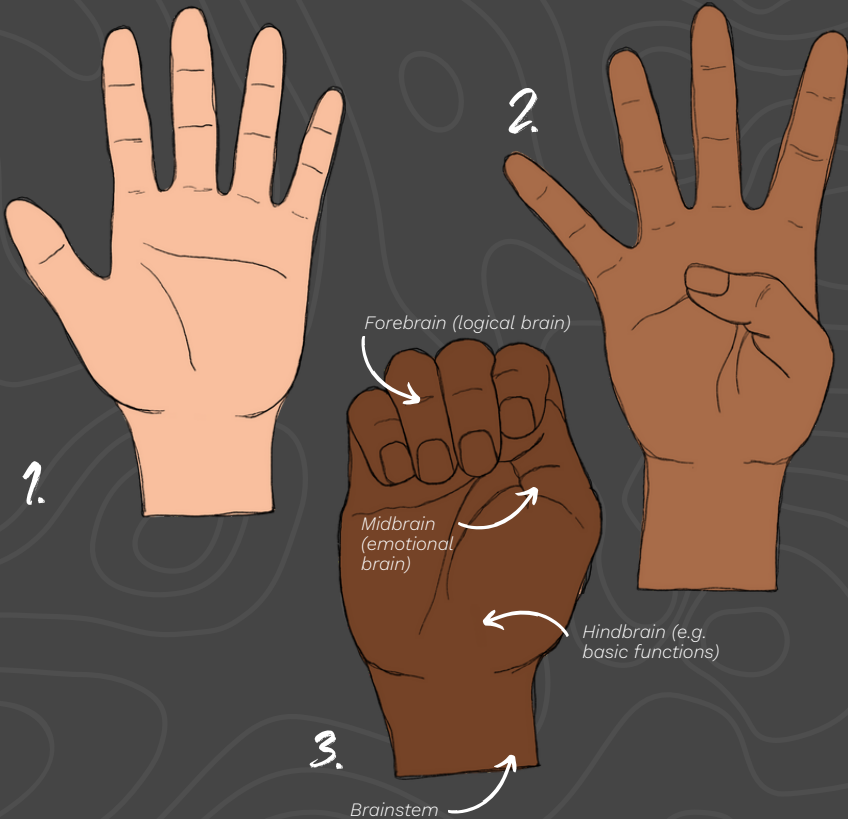
At this time, your brain can only function at its lower levels (i.e. memory, emotions, breathing and movement). You will react emotionally and sometimes illogically until your logical brain can flip back on.

THIS IS WHY LEARNING TO MANAGE EMOTIONS AND STRESS IS SO IMPORTANT. EVEN WHEN YOUR THINKING BRAIN GOES 'OFFLINE', YOU STILL NEED TO BE ACCOUNTABLE FOR YOUR ACTIONS AND WORDS. THIS IS WHERE 'EMOTIONAL REGULATION' COMES IN HANDY.

KNOWING AND BEING ABLE TO IDENTIFY WHEN OUR BRAIN "FLIPS" GIVES US AN OPPURTUNITY TO REGULATE BEFORE WE DO SOMETHING WE REGRET.

FLIPPING YOUR LID

TIP: place your thumb over your palm and then place your four fingers over your thumb. Your wrist is the brainstem, your lower palm is your hindbrain, the thumb is the midbrain system, and your four fingers are the forebrain. Now, flip up your four fingers (this is your forebrain [logical brain] jumping out of the driver's seat). Suddenly, your midbrain (emotional brain) and hindbrain (basic functions) are in the driver's seat.



With the emotional brain in control, you can't think or act logically. Your fear response is an auto-pilot function and you just have to buckle up for the ride until the threat is survived. Once you are in a calmer brain state, your emotional brain lets your logical brain take the wheel, and you can think again.

EMOTIONAL REGULATION

Emotional regulation is the ability to cope with the many emotions you go through adaptively and healthily.

SCENARIO - YOU CHECK ON YOUR 4-YEAR-OLD CHILD IN THEIR ROOM, AND THEY'VE USED THEIR RAINBOW CRAYON SET TO DRAW ALL OVER THEIR WALLS!

If you have strong emotional regulation, you will likely feel annoyed and stressed, but you will be able to regulate these emotions and calmly respond to the situation and your child.

EMOTIONAL DYSREGULATION

Emotional dysregulation is the inability to cope with the many emotions you go through, and so you respond in maladaptive and unhealthy ways.

In the same situation as above, if you are dysregulated, you will likely respond in an outburst, yell, feel intense anger, and respond in a way that is not helpful.

Some people who have ADHD (Attention Deficit Hyperactivity Disorder) may struggle more with emotional dysregulation and need to implement robust coping strategies to minimise harm to themselves and others.

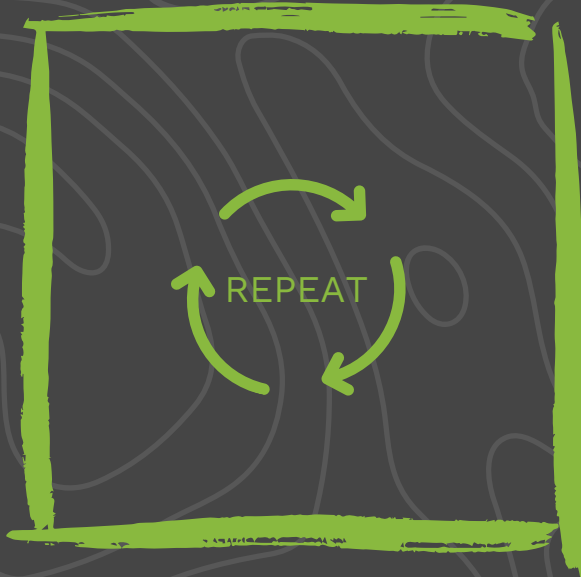
BOX BREATHING

1. Inhale for 4 counts

2. Hold for 4 counts

3. Exhale for 4 counts

4. Hold for 4 counts



Try tracing the lines of the box as you do each step. It can help you focus on the activity and calm your nervous system down when stressed, anxious or angry.

NEUROPLASTICITY

Neuroplasticity is your brain's ability to change in response to experiences, environments and stimuli.

Your brain can re-organise, add and delete neural pathways that alter your thinking and behaviour. Fortunately, this means that over time your brain can delete strong, negative neural pathways (such as painful trauma) and grow strong, positive neural pathways.

Imagine you are holding a long piece of string. Now, imagine holding two fingers up and wrapping the string around the two fingers. The more you wrap, the stronger the connection becomes.

For example, as a child, your caregivers often dismissed your feelings. Every time it happened, the string made another loop. The neural pathway labelled, "My feelings are not important" got stronger with every instance.

However, as an adult, you meet new people who validate your feelings when you open up to them. BOOM! A brand new string appears. Every time your feelings are validated, it does another loop. This neural pathway is labelled: "My feelings DO matter."

Eventually – after continued positive experiences of validation, this loop is stronger, thicker and more durable than the old string from your childhood. The old belief of "My feelings are not important" may even end up being deleted from your brain's neural pathways.

YOUR BRAIN IS HARDWIRED TO ADAPT AFTER TRAUMA. IT JUST HAS TO BE GIVEN THE OPPORTUNITY TO DO SO.

SLEEP

THE CIRCADIAN RHYTHM

Our bodies are naturally synced to sunrise and sunset; this is called the 'circadian rhythm'. We naturally wake up close to dawn when the light begins to creep in, and we feel sleepy when the sun starts to set.

Life circumstances and demands can cause us to become dysregulated with this natural sleep-wake cycle. If you feel like this may have happened to you, adjust your sleep-wake times to be closer to dawn and dusk and see how you go!

If you are a shift worker, you might have noticed an impact on your sleep and wellbeing due to your unnatural sleep cycles.

LACK OF SLEEP CONTRIBUTES TO SEVERAL NEGATIVE HEALTH OUTCOMES, INCLUDING OBESITY, CARDIOVASCULAR ISSUES, DIABETES AND SHORTENED LIFE EXPECTANCY. THIS IS WHY YOU FEEL SO BAD WHEN YOU MISS CRUCIAL SLEEP... YOUR BODY IS TRYING TO TELL YOU TO PRIORITISE SLEEP AND HEALTH.

TO HELP YOU SLEEP WELL (IF YOU ARE STRUGGLING):

- Consistent bedtime as much as possible.
- Don't fight the 'sleepy' feeling; listen to your body.
- Don't work in your bedroom if you work from home.
- Try and have a routine (e.g. have a shower and turn your phone off 30 minutes before bed).
- Exercise during the day.
- Make sure your room has good airflow.
- Don't watch the clock - just let your body do what it needs to do.

BOUNDARIES

Boundaries are guides, limits and/or rules to support healthy interaction with others in your life.

Setting boundaries takes work. When you set boundaries, you are often less angry and resentful towards others because your needs are being met and you feel respected in your relationships.

Most people will respect your boundaries, but some people will not. You cannot control this, but you can choose how you respond.

PEOPLE YOU MAY NEED TO SET BOUNDARIES WITH MIGHT...

- Drain your emotional or physical energy.
- Be difficult to trust.
- Set rules/expectations without ever being clear about them.
- Take advantage of you and your empathy/sympathy
- Ignore your boundaries.
- Don't encourage you to pursue your goals.
- Not consider other people's feelings or needs.
- Appear to be frequently defensive.
- Rarely apologise or only apologise while minimising their behaviour.
- Don't listen to you and what is important to you.
- Have a lot of "drama" or problems but don't want to take responsibility for changing.
- Think that rules don't apply to them.

TYPES OF BOUNDARIES

SOME EXAMPLES OF INDIVIDUAL BOUNDARIES ARE:

- Not answering work calls or emails after hours.
- Not continuing friendships that negatively impact your wellbeing.
- Saying "no" when you need to.
- Not talking badly about other people.
- Getting enough sleep to ensure you are well rested.
- Setting aside time to look after yourself and your wellbeing.

SOME EXAMPLES OF FAMILY BOUNDARIES COULD BE:

- Sharing meals together at least once a day.
- No phones at the table.
- Letting someone know when they've hurt your feelings and giving them the opportunity to take accountability and apologise.
- Letting other people share their experience/story.
- Taking accountability and apologising when you have hurt someone.

You have to be mindful of not weaponising your boundaries by using them as entitlements. Boundaries are not meant to punish, but are for your wellbeing and protection. Using boundaries as a method to control others is a form of abuse.

It's also important you take time to listen to other people's boundaries and do your best to respect them. You may not understand or agree with them, but you should respect them.

ACCOUNTABILITY

BEING ACCOUNTABLE FOR YOUR ACTIONS,
THE GOOD AND THE BAD ONES.

It's a choice, a mindset and an expression of integrity. Accountability includes being responsible for how your actions or words have impacted someone else, regardless of whether you intended to or agree with their experience.

Accountability can be difficult for many reasons:

- People pleasing - nobody wants to be disliked.
- Rolemodelling - you may not have had strong displays of accountability in your life.
- High stakes - you don't want to admit to a mistake in relationships, workplaces or friendships.

Accountability is challenging. But it's part of being human. We all make mistakes, most often without meaning to. Accountability is the way to be the best version of yourself and to show respect to those around you.



DID YOU KNOW?

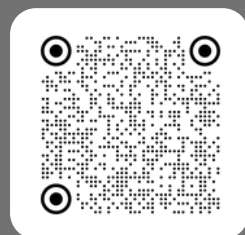
We have a short YouTube episode explaining what accountability is!

It's part of our online podcast series, "Get Fresh with Consent". While this series is predominantly aimed at young people and teenagers, the content is relevant for anyone looking to work on their relationships and wellbeing.

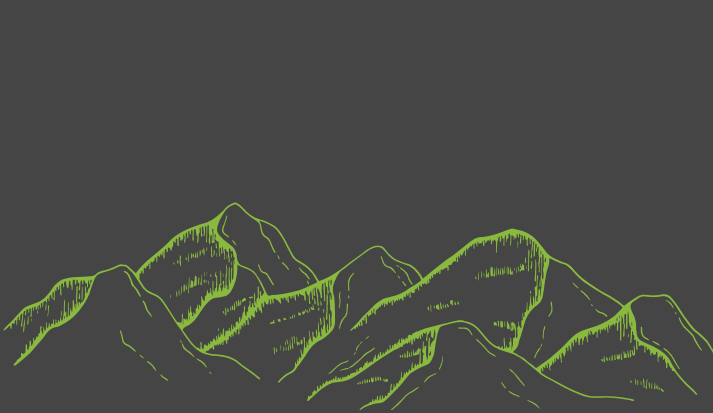
If you'd like to check out the episode about accountability (or the rest of the series!), please scan the QR code below.

Check it out!

Scan the QR code to visit our YouTube channel.



**"Taking
accountability
feels like an
attack when
you're not ready
to acknowledge
how your
behaviours harm
others."**



GROUNDING

GROUNDING IS A WAY TO FOCUS ON THE PRESENT MOMENT BY RECONNECTING WITH THE ENVIRONMENT AROUND YOU.

Grounding can help you work through past and future stressors as well as regulate your emotions.

Some examples can include:

- Walking on sand (the sensation of the gritty sand falling beneath your weight and the warmth of the sand on your skin).
- Holding an ice cube when you feel overwhelmed, anxious or stressed (the cold sensation will focus your mind away from the stressors until you can regulate again).
- Feeling the sunshine on your skin (the warmth of the sun is a calming sensation).

FIVE SENSES GROUNDING ACTIVITY

What are five things you can see?

What are four things you can hear?

What are three things you can smell?

What are two things you can touch?

What is one thing you can taste?

EMPATHY

noun

The ability to understand another person's feelings.

Without empathy, we wouldn't know much about ourselves or others in our lives than we would about someone who we walk pass on the streets.

EMPATHY IS LEARNED.

We are all born with the capacity to be empathetic, but it is a learned behaviour. It's often learned in infancy and childhood through interactions with the caregivers. But if this wasn't displayed, it wouldn't have been learned (yet!). The good news is that it can be learned at any age! This means that healthy relationships that show empathy in adulthood are just as impactful for learning and developing empathy.

IT VARIES BETWEEN INDIVIDUALS.

Your level of empathy depends on how well you can comprehend and identify your own emotions, and how consciously you allow them to shape your thoughts and behaviours. The stronger your self-connection, the greater your capacity for empathy.

EMPATHY ISN'T SYMPATHY.

Sympathy allows you to connect with someone's situation. Empathy connects you to a person on an emotional level and continues to build on that connection.

BUILDING EMPATHY

Inspired by Brene Brown

STEP 1 - PUT YOURSELF IN THEIR SHOES

Empathy is all about putting yourself in someone else's shoes. It's about stepping back from how you think and feel about the situation and being curious about how the other person feels.

STEP 2 - JUDGEMENT FREE ZONE

It's really easy to make snap judgements about a person or situation. But trying to stay out of judgement means that you listen to the other person and really hear and understand what they are trying to tell you.

STEP 3 - RECOGNISING EMOTIONS

What do you think the other person is feeling and trying to convey to you? They likely aren't trying to have a fight for the sake of it, they are likely trying to tell you how they are feeling. Can you identify it?

STEP 4 - COMMUNICATION

After identifying and connecting with the other person's feelings and perspective, let them know you've listened and understood. This helps them feel validated and that you care about their experiences and feelings.

FORGIVENESS

THE CONSCIOUS, DELIBERATE DECISION TO RELEASE FEELINGS OF RESENTMENT TOWARD A PERSON OR GROUP WHO HAS HARMED YOU.

You can choose forgiveness regardless of whether the person or people who hurt you actually deserve your forgiveness.

Forgiveness is for you, not for anyone else.

Forgiveness is about letting go.

Forgiveness is about moving forward.

Likewise, other people have the choice to forgive or not forgive you. Remember, accountability is about being accountable for your actions (the good and the bad) and the consequences (the good and the bad).

"Forgiveness is a funny thing. It warms the heart and cools the sting."

- William Arthur Ward



“Healing doesn't mean the damage never existed. It means the damage no longer controls your life.”

PRODUCT OF SYSTEMS

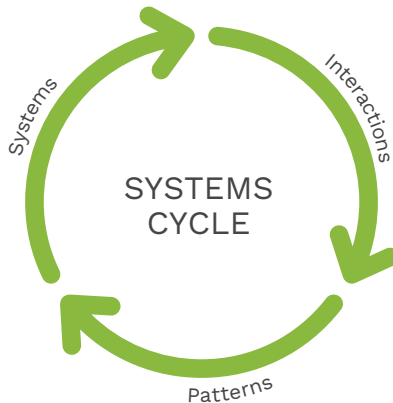
Our INTERACTIONS with people, places, environments, and rules form PATTERNS in our behaviour, roles, and expectations. These patterns shape the SYSTEMS that we become a part of.

EXAMPLE OF HOW SYSTEMS ARE FORMED

For example, there was an INTERACTION when you were young where you got told that boys don't cry. From that interaction, you form a PATTERN of behaviour where when you get upset, you express it with anger instead of vulnerability. Through this pattern, you have created a SYSTEM where you believe your role in society is to be a stoic man, which can lead to harm.

This cycle is continuous and can take place across families, workplaces, friendships, relationships, communities and more.

**So, how can you change a system that isn't helpful?
Check out the next page.**



SYSTEM CYCLES + LEVERAGE POINTS

Although the systems cycle is continuous, there are leverage points where you can consciously choose to change the interactions, patterns and systems in which you play a role in.

These leverage points could include:

- When you choose to take accountability for a behaviour that is not healthy or helpful.
- When you choose to walk away from a relationship, friendship, family dynamic or workplace that harms your mental health or work/life balance.
- When you go to counselling and address issues in your life that negatively impact you or others around you.
- When you choose to set a boundary with a person or group of people.
- When you choose to break the cycle of intergenerational trauma and protect your kids.

We are all part of many systems: workplace, family, friendships, community, culture and more. These systems can be strong, but you can choose to make changes and change the systems or your role/place in the system for the better. Systems are not a prison, they are a habit.

WHAT IS TOXIC MASCULINITY?

TOXIC OR UNHEALTHY FORMS OF MASCULINITY CAN HARM ALL PEOPLE, INCLUDING MEN.

Masculinity is important, strong and healthy.

Toxic masculinity is the amplified negative aspects of masculinity that harm men, their partners, their families, and society.

HEALTHY MASCULINITY

Strong and protective of loved ones.

Comfortable talking about mental health.

Takes accountability.

Is excited to be an equal parent in their kids' lives.

Calls out others for misogyny, abuse or toxicity.

UNHEALTHY MASCULINITY

Controlling and abuses power.

Feels the need to be stoic and emotionally tough.

Defensive and ego-centric.

Leaves child-care duties to a female in the family.

Bystander/contributor to abuse, misogyny or toxicity.

BREAKING DOWN STOIC EXPECTATIONS

THE DAMAGE BEHIND "BOYS DON'T CRY."

Conforming to the dominant ideal that "boys don't cry" and "men are tough" hurts everyone. Men account for 75% of suicide victims (ABS, 2022). Of those who are not victims of suicide, many are still struggling day-to-day with depression. Men overall are much more likely to engage in risky behaviours.

In Australia, men have consistently been portrayed as tough; if you get injured, you tough it out and keep moving. But sadly, due to this pressure to be tough, many men cannot even recognise their feelings, let alone name them and work through them. Men sometimes deny their emotions to stay stoic and strong.

Emotions are a human phenomenon, not a female phenomenon. Men have the same range of emotions as any other person. The pressure to conform to minimal emotion and only display traditionally masculine emotions leads men to experience depression, anxiety, suicide and other harmful outcomes.

ANGER

The culturally 'masculine' emotion harming everyone.

Anger is considered a culturally and historically 'acceptable' emotion for men to express. Typically men can say they feel "angry" but cannot say what else they feel.

But anger is a secondary emotion. This means there is a primary and initial emotion behind it (such as sadness, jealousy, guilt, shame, emasculation or fear).

Anger is harmful to everyone. It is linked with:

- Increased risk of harm to women and children in men's lives (those they love most).
- Emotional dysregulation.
- Inability to identify and process normal human emotions.
- Depression and suicide.
- Loss of friendships, work opportunities, and relationships.
- Physical harm (by others and by self).
- Arrest or interaction with the justice system.
- Destruction of property (own or others).
- Health issues such as high blood pressure.

(Choosing Therapy, 2023).

"To heal, men and boys must learn to feel again."

— Melia Keeton Digby, *The Hero's Heart: A Coming of Age Circle for Boys*

UNHEALTHY RELATIONSHIPS

Some signs of unhealthy relationships include:

Aggression and intimidation.
Manipulation and control.
Monitoring phones or location.
Uneven and unfair spread of home responsibilities.
Financial control.
Put downs, insults and hurtful comments.
Threats, intentional sabotage and violence.

HEALTHY RELATIONSHIPS

Some signs of healthy relationships include:

Respect and empathy.
Autonomy and understanding.
Trust and commitment.
Shared and fair home responsibilities.
Financial freedom.
Supportive and kind comments.
Truthful and peaceful.

NON-VIOLENT FAMILY LIFE AND WELLBEING

Violence is a parenting choice (Safe and Together). This means that even if violence or abuse is not directed at children, it still impacts them. Many men who choose to use violence report never wanting to harm their kids, and we believe them, but it's important to think about how abuse and violence can affect a child.

Family wellbeing is complex and does not just happen overnight, especially after hardship or trauma. Family wellbeing takes time, commitment and constant work.

Family wellbeing includes:

- Having a safe, non-violent home.
- All members feeling valued.
- Being able to be yourself.
- Taking accountability and apologising when needed.
- Resilience through the tough times by supporting one another.
- Simply making an effort to spend time together.
- Creating safe spaces for family members to share their feelings and feel validated.

DIVORCE, SEPARATION AND FAMILY CHANGES

Relationship and family breakdowns are undoubtedly one of the most stressful and emotionally challenging events a person or family can experience.

Several matters may need to be addressed regardless of how or why a relationship or family breakdown occurred. This includes things such as emotional, practical and legal matters.

In life, there are transitional stages. There are the ones that come with age and growth, such as leaving school or home. But, there can also be unexpected and painful transitions, such as divorce or separation. This can disrupt routine, wellbeing, security and social life normalities.

10 WAYS TO BE A GREAT DAD

- 1. RESPECT YOUR CHILD'S MOTHER.**
Respecting your child's mother is an important part of being a good dad, no matter your situation.
- 2. SPEND QUALITY TIME WITH YOUR CHILD.**
Spending quality time with your child will strengthen your relationship with them. It's not about how much time, but what you do with that time that counts.
- 3. LISTEN BEFORE SPEAKING.**
Listening helps you understand your child's needs. It makes them feel important and shows them that dad cares.
- 4. DISCIPLINE WITH CARE AND KINDNESS.**
Discipline is not another word for punishment. Discipline means teaching your child responsible behaviour, appropriate boundaries and self-control.
- 5. BE A GOOD ROLE MODEL.**
Be the person you want your children to be. Lead by example.
- 6. BE THEIR TEACHER.**
Be a supportive and safe person that your child wants to learn from, and remember to learn from them as well. Your child is absorbing more than you realise.
- 7. SHARE MEALS WITH YOUR CHILD.**
Meals are an excellent and easy way to spend conscious, quality time bonding with your child. Create some positive rituals around meals, such as cooking and setting the table together.

8.

READ WITH YOUR CHILD.

Reading is a great way to spend time with your child. Giving your time and full attention when reading them a story shows your child that they matter. It helps build self-esteem, creativity, connection, and confidence.

9.

SHOW AFFECTION.

If you have a warm, loving, and affectionate relationship with your child it will help them feel safe and secure. Set affection as part of your daily routine.

10.

REMEMBER, A FATHER IS FOREVER.

Think about the legacy you want to leave. The impact you have on your child's life is lifelong.

“It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more ‘manhood’ to abide by thought-out principles rather than blind reflex. Toughness is in the soul and spirit, not in muscles and an immature mind.”

SUPPORT SERVICES

Mensline Australia - 1300 78 99 78 (24/7)

Free and confidential telephone, online chat and video counselling service for men, offering support around addiction, mental health and relationships.

Family Relationships Advice Line - 1800 050 321 (Monday to Friday 8am to 8pm, Saturday 10am to 4pm)

National telephone service helping families affected by relationship or separation issues, including information on parenting arrangements after separation. Also provides referrals to local services within your area to provide further assistance.

National Alcohol and Other Drug Hotline - 1800 250 015 (24/7)

Free national support line which can assist in connecting you to the most appropriate service in your area.

DVConnect Mensline - 1800 600 636 (7 days a week, 9am to midnight)

Free and confidential telephone counselling, referral, information and support service for men who may be experiencing or using domestic and family violence.

1800RESPECT - 1800 737 732 (24/7)

National domestic, family and sexual violence counselling service. Provides phone counselling, safety planning, information and referral.

13 YARN - 13 92 76 (24/7)

Free and confidential telephone service offering mental health and crisis support through yarning. Run by and for Aboriginal and Torres Strait Islander peoples.

QLife 1800 184 527 (7 days a week 3pm-midnight)
qlife.org.au

QLife provides anonymous and free LGBTQIA+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships via phone or webchat.

Parentline - 1300 30 1300 (7 days a week, 8am to 10pm)

Free telephone and webchat counselling and support for parents or carers of children in Queensland and the Northern Territory. Provides advice, information and strategies around challenging behaviours in raising children, relationships with your children, co-parenting guidance and mental health support.

Gambling Helpline - 1800 858 858 (24/7)

Support service providing free face-to-face, over-the-phone or online counselling support for persons who feel gambling has become a problem for them or for someone they care about.

Support Lifeline - 13 11 14 (24/7)

Free and confidential phone, online and face-to-face mental health crisis support and suicide prevention service.

WWW.MENANDCOSERVICES.ORG.AU
07 3439 8640 (9AM TO 4PM WEEKDAYS)

CHOOSING
CHANGE.