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Men's Health Month – Useful Websites for Patients

Movember

<https://au.movember.com/>

Focusing on Wellbeing and Suicide Prevention, Testicular Cancer and Prostate Cancer

Black Dog Institute

<https://www.blackdoginstitute.org.au/>

A strong focus on Mental Health and Suicide prevention for all people, especially in the workplace and a strong focus on Aboriginal and Torres strait Island People's.

Digital Downloads for Youth Mental Health, Suicide Prevention, Wellbeing and Corporate Mental Health.

Beyond Blue

<https://www.beyondblue.org.au/who-does-it-affect/men>

Providing information for Men on Anxiety, Depression and Suicide Prevention among Men.

PANDA (Perinatal Anxiety and Depression Australia)

<https://panda.org.au/get-support/support-dads>

Support for expecting Dad's and New Dads in challenging times providing helpful information and Mental health checklists.

Support line 7 days a week.

Melbourne Sexual health Centre

<https://www.mshc.org.au/>

Focusing on Sexual Health, education and preventative health related to all things sexual health.

Heart Foundation - Heart health basics

<https://www.heartfoundation.org.au/Bundles/Healthy-Living-and-Eating?selectedfilter=heart%20health%20basics>

Lifestyle advice to protect your heart, body and mind.

Preventing Skin Cancer

<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/preventing-skin-cancer>

Advice on how to protect your skin from the sun

HALT - Hope Assistance Local Tradies

<https://halt.org.au/>

HALT provides tradies and apprentices with the tools to start having conversations about mental health, and encourage tradies to support their mates when they're going through tough times