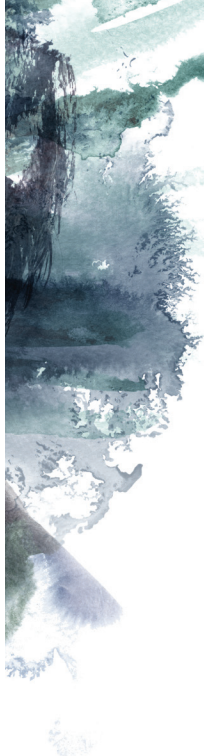


**“So many of the masculine traits are  
incredibly healthy but it’s about  
having the ability to choose when  
you use them and when you don’t”**

*– Tom Harkin, Man Up TV series.*

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# **MEN & MASCULINITY**



## **Mensline Australia - 1300 789 978**

National 24/7 service for men going through relationship issues.

## **Men's Referral Service - 1300 766 491**

Telephone counselling, information and referrals for men in VIC, NSW and TAS.

## **Lifeline - 13 11 14**

Provides all Australians experiencing personal crisis with access to 24 hour crisis support.

## **Switchboard - 1800 184 527**

Anonymous, free phone counselling, information and referrals for the lesbian, gay, bisexual, transsexual and intersex communities of VIC and TAS. 3pm to 12am, 7 days a week.

## **Suicide call-back service - 1300 659 467**

TOProfessional counselling for people who are affected by suicide or having suicidal thoughts. VIC and TAS, 24 hours, 7 days a week.

## **LOCAL SERVICES:**

### **Primary Care Connect**

Shepparton (03) 5823 3200

### **Gateway Health**

Wangaratta (03) 5723 2000

Wodonga (02) 6022 8888

Myrtleford (03) 5731 3500

### **Nexus Primary Health**

Broadford / Kinglake

Wallan / Seymour

1300 773 352

