

Men's Health Guide

This guide is to provide practical information about how men can support their health and wellbeing locally in the Campbelltown area.

Start here

Get yourself a great Doctor / General Practitioner (GP)

Finding a Doctor/GP you trust and like is important to supporting your health and wellbeing. They can support your physical and mental health needs and make referrals for other support if needed.

Services

MensLine Australia

A free telephone and online counselling service offering support for Australian men anywhere, anytime on any topic you may need

Call 1300 78 99 78

www.mensline.org.au

Beyond Blue

Beyond Blue is here to help all people in Australia achieve their best possible mental health 24/7

Call 1300 22 4636

Multicultural Communities

Council of SA

Men's Council supporting multicultural men in South Australia through mental health initiatives, social connections, and advocacy for community well-being.

Call 8345 5266

Ask your mate if he's doing OK

You know your mate better than most, ask him if he is OK.

Local Options to Stay Active and Connected

The Campbelltown area has a number of options to consider getting involved:

- Sporting Clubs & Groups
- Rotary Club of Morialta Community Workshop in Athelstone
- Eastern Men's Walking Group at Thorndon Park
- Volunteering (Council, Emergency Services, Sport & Recreation, Church based, Meals on Wheels etc)
- Faith based social groups

There are many more options

Call Council 8366 9222 to find out more or email **mail@campbelltown.sa.gov.au**

See Council's other information guides for more detailed information on a specific topic