



# MISTER



Mostly Men's Matters. Monthly Networking Men's Groups and Communities in Australia (and beyond).



Send A Message: Save Aussie Men. "The Australian Men's Health Forum is calling on the Morrison Government to develop a national plan to tackle male suicide in Australia. Over **75% of suicides are men**, but the majority of suicide prevention services the Government funds are shown to largely address female suicide risk factors. They don't take into account the fact that male suicides are more often linked to relationship problems, money issues, job loss, and alcohol abuse. Recently the National Suicide Prevention Adviser to the Prime Minister, Christine Morgan, called on the Government to fund a men's action plan aimed at preventing male suicide." See how to help our men: [bit.ly/2VSDnWf](http://bit.ly/2VSDnWf)



"Royal Life Saving's *Make the Right Call* campaign encourages all Australians – especially males – to stay safe when enjoying the country's beautiful inland waterways. Men are four times more likely to drown than women. In addition, we've found that, over the past 10 years, inland waterways have claimed more lives than any other location, accounting for 40% of all drowning deaths in Australia. Many of these deaths occur in the summer. Add to this the effects of alcohol. This campaign advocates, a common sense approach by asking them to 'Make the Right Call' and look after themselves and their mates." [bit.ly/372VZVv](http://bit.ly/372VZVv) Check **all** links.

**SPECIAL.** This Australia wide, **all** inclusive, amazing, **Men's Health directory**, compiled by **MR PERFECT** is good. See all great links: [bit.ly/2Wupxoy](http://bit.ly/2Wupxoy)

Content from all websites is provided for education and information purposes only. (Ed.)



"**Ten to Men:** The Australian Longitudinal Study on Male Health is a major national project." Check the links, and more, especially "*Research Findings*" on: [tentomen.org.au](http://tentomen.org.au) Some findings: \*Men who were **not lonely** had significantly better mental health: they were less likely to be depressed, experience anxiety or any suicidality. \***Adherence to masculine norms, such as self-reliance, has been thought to predict lower health literacy**, which refers to the cognitive and social skills that determine the motivation and ability of individuals to gain access to, understand, use information in ways which promote and maintain good health and has been found to be an important predictor of health service use. **Males with poor mental health may have low health literacy.** They are less likely to seek treatment from a mental health professional. More: [bit.ly/34cxf1p](http://bit.ly/34cxf1p) (Worth a deep understanding.)

**What is going on for our boys?** Disturbing news in: **Alcohol use among Australian males:** [bit.ly/385Z32k](http://bit.ly/385Z32k) Other topics: [bit.ly/30SSmY9](http://bit.ly/30SSmY9)

**How about this?** Something different! **Only Boys Aloud** - The Welsh choir's Britain's Got Talent 2012 audition. Watch Welsh choir Only Boys Aloud's awesome Britain's Got Talent audition in full! All 133 members of Only Boys Aloud, 14-19yrs, sang their hearts out to impress Britain's Got Talent judges: [bit.ly/3nEKBVq](http://bit.ly/3nEKBVq)

And now, a social-distancing version of the song: "*For The Longest Time*". Vancouver Phoenix Chamber Choir: [bit.ly/3nVNz8m](http://bit.ly/3nVNz8m)

"To find yourself, think for yourself."

For more depth in issues, check out this website with books in reference categories: [www.ronsreflections.com.au](http://www.ronsreflections.com.au)

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Our work with men. "Australian men generally have lower rates of **mental health** literacy, help-seeking behaviour and face numerous barriers to help-seeking, such as stigma. We encourage men to take action against **depression, anxiety** and **suicide**, and to reduce stigma through a collaborative approach to programs, knowledge building and policy. *Beyond Blue* works to equip men with the knowledge and skills to maintain their own good mental health and wellbeing in order to prevent the development of a mental health condition." Find more information, **videos, advice and personal stories of men's experiences with depression, anxiety and suicide:** [bit.ly/3pokQze](http://bit.ly/3pokQze) Scroll down to and click on **FIND OUT MORE** for second website. Check great links down right side site.



"Rural Aid, supporting Australian Rural Communities, provides critical support. Our counselling services and community programs also help to create more sustainable and resilient rural. Established in 2015, following the highly successful Buy a Bale campaign, Rural Aid is committed to supporting and empowering rural communities to rebuild, repair and thrive both during and after natural disasters." : [www.ruralaid.org.au](http://www.ruralaid.org.au) Rural websites: [bit.ly/2YtD8PK](http://bit.ly/2YtD8PK)

"Only by discovering the hidden causes of the symptoms is the healing likely to be long lasting." P. Krystal.

[www.misternewsletter.com.au](http://www.misternewsletter.com.au) Newsletters. Links.

See the great variety of useful Links: [bit.ly/2VVrcT2](http://bit.ly/2VVrcT2)

Men, there are Facebook Men's Groups and a variety of others that provide support in your time of need, or before, giving a deeper sense of life: [bit.ly/3ky5AIs](http://bit.ly/3ky5AIs)



A Unique Safe Environment For Men To Share. "The first Men's Table began in 2011 with twelve men who meet once a month for dinner. There are 22 now. They create a unique environment for men to share openly about their lives, their challenges, their highs and lows with a group of men who they learn to trust and respect. The Men's Table creates a sense of belonging, community, peer support and camaraderie that is lacking for many men, even for some who already have a group of mates. Men's Tables are initiated by two or more men who wish to form or join a new group, commence with a regular monthly meeting in a local venue, and are capped at 12 members." More: [themenstable.org](http://themenstable.org) Check links .

Find your health age-range in this **Spanner in the Works?** Website: [malehealth.org.au](http://malehealth.org.au)

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." (R. Rogers.)

Ron's news: I have been nominated to the Hills Shire Council (Sydney) for the Senior of the Year Australia Day award. Appreciated.



Why do young people, aged 18 to 30 years, join Rotaract? "Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, in ourselves. They want to do good, & really like working with each other. Empowering young people to create positive change in their local communities and around the world."

See: [rotaract.org.au](http://rotaract.org.au) Click: *About*.

**Great national/ international** referral site for Men's Health issues. Check out all of the links on the website for your selection of organisations working to improve men and boys' health: [www.amhf.org.au/links/](http://www.amhf.org.au/links/) AND: [www.amhf.org.au/](http://www.amhf.org.au/)



Some Heartfelt Stories Here. We learn from each other. "**The stories here are the personal experiences of people who have recovered from, or are going through, depression, anxiety or a related disorder.** These personal stories provide a first-hand look at the challenges and triumphs associated with managing and recovering from depression and anxiety. **Sharing your story can be an opportunity to download your thoughts and feelings,** help others by providing hope and encouragement, and also help break down the stigma around depression and anxiety." Check all links on:

[bit.ly/37h6Nz2](http://bit.ly/37h6Nz2)

Call 1300 22 4636 (24/7). "I hope that by sharing my story, I can show that there is hope and that it is possible to achieve amazing things, even when living with depression." Chris.

See Russell's story too. Ed.



"Sanctuary was founded in February 2012 by parents of an adult woman with BPD. Finding no support or information through Mental Health authorities, they located other sources of assistance for their daughter, and once she had benefitted from those, decided to share their learning with other Carers. The result was *Sanctuary* which today is a group of more than 400 people, who each care for a family member or other person affected by Borderline Personality Disorder (BPD). We are ordinary people who care for someone with BPD. The content of this website is not a substitute for independent professional advice, diagnosis or treatment." Informative, helpful : [bpd-carers-sanctuary.org/](http://bpd-carers-sanctuary.org/) Check all links across top of this great initiative site. Ed.

The UK Men's Health Forum [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

See the vast range of Men's Health services available in Australia covering everything: [bit.ly/2nlPMN8](http://bit.ly/2nlPMN8) Great variety of websites, not to be missed.



What your kidneys do. "The role of the kidneys is often underrated when we think about our health. In fact, the kidneys play a vital role in the daily workings of your body. They are so important that nature gave us two kidneys, to cover the possibility that one might be lost to an injury. The human body can last weeks without food but only days without fluid. Water is the recommended fluid to satisfy thirst, it is nature's choice". See: [kidney.org.au](http://kidney.org.au)



**Welcome to Dadadvice-** because babies change everything!! "Any parent will tell you that raising kids is one of the biggest, most rewarding challenges you'll face in life. They'll probably also tell you that things feel hardest when it's all new.

That's why we've been following a group of new dads on their journey into fatherhood for our four-part web series, *Dadvice*. **Watch the series.** Take our dad stress test. Get some tips for this whole dad thing. **Check all of the great personal sharing stories series.** See the links across top of this site:

[bit.ly/3nmYVli](http://bit.ly/3nmYVli) Download the Guide for New Dads.

**Male reproductive health**, an essential wealth of knowledge. "The Andrology Australia program is a unique 'centre without walls' that operates nationally and brings together health and education experts and organisations from across Australia to raise the awareness of male reproductive health disorders and their associations with chronic disease." Great Newsletter of Andrology Australia: *The Healthy Male* subscribe: [Click Here](#) Website: [andrologyaustralia.org/](http://andrologyaustralia.org/) Click on Men's Health at top for complete coverage.

**MISTER** is monthly. Take time to blend what you find into your life with understanding, renewed awareness and support. Please, *Put a little love in your heart and share with your fellow man!* (Ed.)