

The Little **BLACK BOOK**





Fraser Coast Mates was formed by a group of local community members concerned by the rise of debilitating mental health issues and rising suicide rates, especially in men across the region.

The group aims to build awareness about men's mental health issues, bridge the gap between support services and encourage mates to be better equipped to help their friends and colleagues in times of need.

Fraser Coast Mates has partnered with the Fraser Coast Regional Council to create The Little Black Book.

Sometimes you might be feeling stressed, anxious or angry, or just need to talk to someone. But sometimes you're not really sure what to do or where to start.

To help you on the path to good health, we've created the Little Black Book.

The Little Black Book is a directory of services, contacts, support groups and aims to empower people to reach their potential and enjoy a long and high quality life. A healthy person, in body and mind, means healthy relationships, healthy families and healthy communities.

#taintweaktospeak

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<i>Connect</i>	<i>Be Active</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
talk & listen, be there, feel connected	do what you can, enjoy what you do. move your mood	remember the simple things that give you joy	embrace new experiences, see opportunities, surprise yourself	your time, your words, your presence

Experts suggest walking 6,000 steps a day to improve health.

▶ RUNNING & WALKING

The local groups aim to encourage and support runners and walkers of all ages or level of fitness.

So if you're a beginner looking for somewhere to start, a seasoned runner who is happy to share your experience, or anywhere in between you're more than welcome to join. It also gives you the opportunity to meet people who share your interest.

▶ PARKRUN HERVEY BAY (Lions park, pialba) & MARYBOROUGH (anzac park/ululah)

- www.parkrun.com.au
- Every Sat morning @ 7am, 5km timed runs, FREE

▶ FRASER COAST RUNNERS & WALKERS CLUB

- www.fcrwc.org.au
- Meet fortnightly
- Social running and walking

▶ WEDNESDAY RUNNERS GROUP

- Facebook: Wednesday Runners Group
- All Abilities Playground in Pialba on Wednesdays @ 5:15PM

▶ OUTRIGGER, SAILING, PADDLEBOARDING

▶ HERVEY BAY OUTRIGGER CANOE CLUB

- Facebook: Hervey Bay Outrigger Canoe Club
- Email: vanessakosmidis@gmail.com
- Every Sunday @ 7:45am at the Boat Club down by the harbour

▶ FRASER COAST OUTRIGGERS

- Facebook: Fraser Coast Outrigger Canoe Club - Hervey Bay
- www.fcourtriggers.com.au/canoclub
- Sunday @ 7:45am, beside the Scarness Caravan Park

▶ HEART FOUNDATION WALKING

- www.walking.heartfoundation.org.au
- Join Australia's largest FREE community-based walking network
- Simply enter your postcode to find your nearest group!

▶ RECREATION TRAILS FRASER COAST

- www.frasercoast.qld.gov.au/recreation-trails
- Providing a range of trails to encourage a healthy, active lifestyle as well as showcasing what the region has to offer.
- Most trails are flat, shared pathways that you can walk or cycle along with ease.

▶ HERVEY BAY SAILING CLUB

- www.herveybaysailingclub.org.au
- Email: enquiries@herveybaysailingclub.org.au

▶ HERVEY BAY STAND-UP PADDLE GROUP

- Facebook: Hervey Bay Stand-Up Paddle Group
- Social group, regular weekend paddle boarding

▶ WIDE BAY ROWING CLUB

- Facebook: Wide Bay Rowing Club
- Rowing club for junior & master rowers in scull & sweep boats on the Mary River

▶ SWIMMING AND AQUA RELATED MOVEMENT

Water based exercise can help improve your physical and mental health. The water environment can help you relieve stress and tension as the muscles are loosened once you let your body submerge in water. The little to no impact on joints and muscles helps you strengthen the body and lose weight.

▶ HERVEY BAY CROCS

- Facebook: Hervey Bay Crocs
- An informal group that meets (Aquatic Centre) a couple of times a week for fitness and fun. The Crocs is more of a social club for middle age men than a fitness club

▶ HERVEY BAY HUMPBACKS

- www.herveybayhumpbacks.com
- Hervey Bay Masters Swimming is a family group with an emphasis on fun. They can help you improve your swimming ability no matter what your level is.

▶ FUNKY FRIDAY SPLASHERS

- Facebook: Funky Friday Splashers
- Open water swim Friday mornings @ 5:30am. Meet @ the sailing club Torquay, come for coffee afterwards

▶ SATURDAY SIPPERS SWIM

- Facebook: Saturday Sippers Swim
- Hervey Bay Surf Lifesaving Club @ 3:30pm every Saturday.

▶ AQUA AEROBICS AND GROUP FITNESS CLASSES

- www.frasercoast.qld.gov.au/hervey-bay-aquatic-centre
- Aqua aerobics and water based fitness classes for all ages and fitness levels.

Going swimming is very relaxing and has been compared to yoga and meditation in terms of its soothing effect.

▶ CYCLING

Cycling can have positive effects on the way you feel. Moderate exercise, such as cycling, will heighten your energy levels, and will assist in reducing stress, anxiety and depression. It will also improve your mood and raise self-esteem.

▶ FRASER COAST BICYCLE USER GROUP

- www.fcbug.org.au
- Every Saturday @ 6:00 am from the 'All Abilities Park' - The Esplanade
- All about fun and making some great friends along the way. Catering with seven categories of group rides.

▶ FRASER COAST MTB CLUB INC

- Facebook: Fraser Coast MTB Club Inc.
- Social ride on Sunday mornings @ Toogoom Trails
- Catering for all ages and all abilities

▶ FRASER COAST VINTAGE & CUSTOM CYCLE RIDERS

- Facebook: Fraser Coast Vintage & Custom Cycle Riders
- Social cruise on Sunday's
- A group for those who want to ride with other like-minded people

Cycling three hours per week halves your risk of heart disease and strokes. Cycling increases cardiovascular fitness, muscle strength and flexibility.

► CYCLING

► FRASER COAST CYCLING CLUB

- Facebook: Fraser Coast Cycling Club
- Club racing Sundays
- Offering a fun, friendly, safe and family orientated club for all cycling lovers

► HERVEY BAY TRIATHLON CLUB

- www.herveybaytriclub.org.au
- Tuesday @ 5am from Enzos & Saturday @ 6am Wet Side Water Park rides
- All-inclusive club and cater for all age competitors. People of all fitness levels and abilities are welcome, from elite to beginner.



► RECREATION TRAILS FRASER COAST

- www.frasercoast.qld.gov.au/recreation-trails
- Providing a range of trails to encourage a healthy, active lifestyle as well as showcasing what the region has to offer. Most trails are flat, shared pathways that you can walk or cycle along with ease.

BENEFITS OF CYCLING

Strengthens Bones | Decreases Body Fat Levels | Prevention or Management of Disease | Reduces Anxiety and Depression

► JOINING A SPORT OR RECREATION CLUB

There are many ways to get involved with a sport or recreation club. You can:

- Use the club locator to find a club @ www.qld.gov.au/recreation/sports/joining-club
- Ask the local PCYC, www.pcy.org.au/HerveyBay, 4124 5211, about social activities you can be part of
- Facebook: Browse the list of local clubs or groups via Facebook by entering the clubs description in the search for e.g. Hervey Bay AFL Masters brings up Hervey Bay Fruitbats AFL Masters.

The Fraser Coast has many active community sporting and recreational groups.

Here is a taste of what you can do on the Fraser Coast:

Aerobics, Aeromodelling, Archery, Australian Football, Badminton, Baseball, Basketball, Boccia, Bowls – Indoor, Bowls – Lawn, Boxing, Boxing – Kick, Bridge, Bushwalking, Canoeing, Climbing, Cricket, Croquet, Crossfit, Darts, Dragon Boating, Equestrian, Equestrian – Endurance Riding, Equestrian – Horse Riding Recreational, Fencing, Fishing, Flying, Football – Futsal, Football – Soccer, Gliding, Hockey, Kayaking, Life Saving, Martial Arts,

Motor Sport, Motor Sport – Lawn Mower, Racing, Netball, Netball – Indoor, Outrigger Canoeing, Oztag, PCYC, Pool (Billiards), Rock Climbing, Roller Derby, Rowing, Rugby League, Rugby Union, Sailing, Shooting – Pistol, Shooting – Rifle, Shooting – Target, Softball, Squash, Table Tennis, Tai Chi, Tae Kwon Do T-Ball, Tennis, Tenpin Bowling, Touch Football, Triathlon, Volleyball, Water Skiing, Weightlifting, Yachting, Yoga

► MASTER SPORTS FOR OVER 30S

- www.maryboroughmastersgames.com.au
- The Maryborough Masters Games is an annual sporting event that is regarded as one of the premier and largest participation sporting events in the Wide Bay region
- Mature-aged athletes can compete in the following sports athletics, AFL, softball, swimming cricket, weightlifting etc

Exercising for at least 30 minutes each day is an important part of staying healthy. Playing sport and joining a sporting club allows you to push your personal limits, have fun by keeping active, and get involved in your local community. You can stay healthy, meet new people and form friendships.



BRAIN BENEFITS OF EXERCISE

Increases production of Neurochemicals that promote brain cell repair | Improves memory | Lengthens attention span | Boosts decision making skills | Prompts growth of new nerve cells and blood vessels | Improves multi tasking and planning.

BENEFITS OF JOINING CLUBS

Improves Mental Health | Contributes To Higher Levels Of Self-Esteem And Self-Worth Empowers, Inspires And Motivates | Brings People Together, Providing Opportunities For Social Interaction | Provides A Sense Of Belonging

CHECK IN WITH YOUR GP

STAY STRONG ► GET CHECKED OUT

Get a check-up once a year. It's no big deal. Ask your MATES who they go to.

Talking to your doctor about how you are feeling is often a good place to start for most mental health conditions.

Doctors can provide treatment or refer you to other services for mental health.

Don't forget to ask for a double length appointment to give you plenty of time.



STARTING A CONVERSATION ABOUT MENTAL HEALTH

Talk to your doctor:

- Tell the doctor your symptoms or how you feel
- Tell the doctor your concerns
- Tell the doctor what you feel has affected your life.

Mental Health: Let's Check
"The best thing that I've done is put my hand up to get the help that I needed. and that's the biggest thing for anyone to do, to put your hand up and go, 'yeah I need the help.'"

~ Lance Franklin, AFL Sydney Swans

▶ MENTAL HEALTH CARE PLAN

A mental health care plan is a plan for people with a mental illness. It identifies what type of health care you need, and spells out what you and your doctor have agreed you are aiming to achieve. It also refers you to local mental health services.

Your doctor will probably ask you many questions about your situation, discuss your healthcare needs, goals, treatment and referrals will be recorded in your mental health care plan.

▶ PREPARING YOUR MENTAL HEALTH CARE PLAN

Your doctor will work with you to decide:

- What your mental health needs are
- What help you require – your medical, physical, psychological and social needs are all considered.
- What result you would like
- What treatment would be best for you

Once you and your doctor have agreed on your goals and what support you need to achieve them, your doctor will write out a mental health care plan. Your doctor will then discuss this with the other members of your healthcare team. Preparing the plan might take one visit or it might take a number of visits

You don't know what you don't know. Your doctor will do some tests and ask you about health conditions that run in your family. If there is something that needs attention, with your liver, blood pressure, cholesterol levels, heart or lungs, your doctor will alert you.

SEARCH FOR A DOCTOR IN YOUR LOCATION:

www.healthdirect.gov.au/australian-health-services

▶ YOUR HEART: FAST FACTS

- The heart muscle is about the size of a clenched fist and weighs around 285 grams
- The heart contracts approximately 70 times a minute, 100,000 times a day, two and a half billion times a lifetime
- An average adult has about 96,000 kilometres of blood vessels
- The heart pumps between 70 ml and 100 ml of blood with each beat
- The heart pumps blood to the lungs, back to the heart, out to the body and back to the heart again in about 23 seconds
- The heart is the first organ to begin functioning during embryonic life
- Despite recent progress, heart disease claims the life of one Australian every 10 minutes
- For a 40 year old, the risk of having heart disease at some time in the future is one in two for men and one in three for women
- Cardiovascular disease is the leading cause of death in Australia
- Over 90% of heart attack victims survive

There's a belief that the very idea of being a man is that you deal with stuff and you don't reach out or connect. Untreated, the problem snowballs. The combination of that and the notion of having to deal with it alone, is the reason behind high suicide rates.

- Foundation 49

LIVINWELL TIPS & TRICKS

LIVIN

You're allowed to be a bit selfish. Prioritise yourself! Prioritise your HEALTH. Set aside time each day to practice self-care. Even if it's just a few minutes, or as long as an hour or two. Prioritise doing something that makes you feel good or relaxed.

Feeling stressed or restless? Time to chill with some controlled breathing! When we become stressed, worried, anxious, our breathing rate tends to increase, which in turn increases our heart rate and the speed at which thoughts tend to race around our head. A strategy known as controlled breathing can reverse this whole cycle. How do you do controlled breathing? Breathe in for a count of 3-4 seconds, held for a count of 2-3 seconds, breathe out for a count of 2-3 seconds, held for a count of 2-3 seconds, repeat. Each out breath remind yourself to RELAX. Do this for 2-5 minutes. This allows your brain to focus on one thing at a time and be present in the moment. If practiced regularly, research says that this will raise accuracy rates, improve levels of happiness, and drop stress levels.

Feeling a bit snaf? Train the horse don't! Physical activity gets us pumped here at LIVIN. Exercise is so good not only for your physical wellbeing, but your mental wellbeing too. Even if you are not a huge fan of exercise, a short burst of cardiovascular activity (simply 15 minutes) can help relieve stress and frustration, and help you look and feel better about yourself. This does not mean over-exercising until you spin everywhere, get out the hose, hose, hose, have a shower, or go for a brisk walk with the dog; any cardiovascular activity works wonders.

#ITAIN'TWEAKTOSPEAK

Sleep like a baby. Zzzz. Getting to sleep and/or staying asleep can be a pain in the butt sometimes. However, getting a good night's sleep is very important. It helps you feel energised, focused and motivated. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed whenever you wake up, and go to bed around the same time each night. Avoid caffeine after lunchtime. Avoid electronic devices (on particular blue light) like your phone and laptop immediately before bed. Another really effective strategy to help with your sleep routine, if you are lying in bed for any longer than 20-45 minutes without falling asleep, get out of bed, go somewhere relaxing (like the couch) and read a book or magazine, or practice some controlled breathing. When you feel you are tired, return to bed to go to sleep. Repeat this process until you fall asleep. While it might seem annoying, getting out of bed will help. If you practice this consistently eventually you will condition your bed as being a place where you fall asleep comfortably. The last thing you want to do is lie in bed, tossing and turning, becoming more and more frustrated so this is not conducive to sleep.

Nutrition and mental health. You are what you eat. Eating well doesn't only reduce the risk of physical health problems like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. Eat less Whoppers, Big Macs, BBQ meat, liver, pizzas and sugary foods, and eat more lentils, veggies, whole grains and healthy fats (avocado, coconut oil, Omega3). Once better, consider healthy eating with a bit of exercise and you'll start to feel great again!

Get out and have some FUN! Social relations tips are really important to your general wellbeing. It is okay to take time out for yourself – sitting quietly and reading a book, beach time and a little bit more – but friends can provide support when you're feeling a tough time. Spending time with friends is also really important for keeping old feelings on existing friendships. Close relationships can add meaning and purpose to your life. If you're not feeling up to going out, make a phone call, send a text message or Facebook message can help us feel connected to friends and family. Try it, the next time you're not feeling so flash, send a family member or friend a nice text message, say someone a compliment and observe how it makes you feel – no doubt a little bit better about yourself!

IF IN DOUBT, REACH OUT. HIT US UP HERE AT INFO@LIVIN.ORG AND WE CAN PROVIDE YOU WITH SOME ADDITIONAL STRATEGIES AND POINT YOU IN THE RIGHT DIRECTION.

LOOKING FOR ASSISTANCE

▶ MENTAL HEALTH ASSISTANCE & COUNSELLING community mental health services

▶ **Lifeline (24 hours)**
13 11 14

▶ **Mensline (24 hours)**
1300 798 978

▶ **Suicide Helpline (24 hours)**
(goes to Coast Community Connections)

1800 191 919
www.crisissupport.org.au

▶ **Beyond Blue (24 hours)**

1300 224 636
www.beyondblue.org
Telephone Interpreter Service (24 hours)
131 450

▶ **Flourish Australia Hervey Bay**

1300 779 270
Unit 6 & 7, 10 Liuzzi Street Pialba.

▶ **Salvation Army Care Line (24 hours)**
1300 363 622

▶ **Metro North Hospital and Health Service**

1300 602 255

▶ **G.E.M.S (Group for Emotion And Mental Support)**

4125 4215
34 Torquay Rd, Torquay.

▶ **Carers Queensland (9am - 5pm)**

1800 242 636
www.carersqld.asn.au

▶ **MHIMA
Multicultural Mental Health Services**
(02) 3285 3100 or Mhima.org.au

▶ **APS
Find a local psychologist**
1800 333 497 or psychology.org.au

▶ **Griefline**
1300 845 745 or griefline.org.au

▶ **Warm Line**

1800 935 478
9am - 8pm Monday - Friday
2:30pm - 8pm Saturday & Sunday
One2One Chats with Peer Workers
which promote recovery through
shared experiences and a mutual
understanding of mental illness.

▶ **White Wreath**

1300 766 177 or 0410 526 562
Monday - Friday 5am - 9pm:
You can text via mobile 0410 526 562
and a professional will call you back if
you're struggling to make a call you can
email white.wreath@bigpond.com

▶ **MIFQ**

www.mifq.org.au or 1800 985 944
Committed to providing a personalised
response to the needs of people living
with mental illness since 1985.

▶ **MYCOMPASS**

mycompass.org.au
Proven techniques to help manage
depression anxiety and stress.

▶ **Reachout**

reachout.com
Online resource for young people and
their parents.

▶ **OuThere Allied Health Team**

(07) 4194 3023 | marktheot@bigpond.com
The Neighbourhood centre, 22 Charles
Street, Pialba.

▶ **Mission Australia**

Disability Employment Service
• 5 Imelda St, Pialba
(07) 4148 7718
• 397 Kent St, Maryborough
(07) 4148 6964

▶ **Employment First Aid**

1800 118 008
www.employmentfirstaid.com.au

▶ MENTAL HEALTH & SPECIALIST SERVICES

▶ **Artius**

1300 219 658
6/156 Boat Harbour Dr, Pialba.
Offers a range of mental health services
across Wide Bay from low intensity programs
and psychology services to Suicide Prevention
Aftercare.

▶ **Fraser Coast Suicide Prevention Network
(FCSP)**

Contact: FraserCoastSPN@hotmail.com
FCSP goal is to promote suicide awareness and
prevention within the Fraser Coast region. FCSP
works collaboratively with Allied Health services.

▶ **Wide Bay Community Mental
Health Services**

1300 642 255
Child, Youth, Adult & Older Persons
167 Neptune St, Maryborough
'The Village' 30 Torquay Road, Pialba

▶ ACCOMMODATION SERVICES & SUPPORT

▶ **Regional Housing Limited**

1300 642 123
6/12 Nissen Street, Pialba
RHL provides crisis accommodation, long
term community housing, affordable
housing, and a range of services to assist
with housing and homelessness.

▶ **Community Housing Limited**

4120 0900
91 Bazaar Street, Maryborough
Emergency relief, crisis accommodation
for families and single men, aged 18+,
social housing for approved Department
of Housing and Public Works applicants,
Community Care services to eligible
clients.

▶ **Hervey Bay Housing Coalition**

4124 3510
Provides long term community housing
for people in need of accommodation.

▶ **Residential Tenancies Authority**

1300 366 311
Tenancy information, bond management,
dispute resolution, investigation, & policy
& education services.

▶ **Maryborough Aboriginal Corporation
For Housing & Cultural Development
(MACHCD)**

4122 4382 / 0498 578 110
1/164 Bazaar St, Maryborough
Support and housing for Aboriginal and
Torres Strait Islander people.

▶ **Queensland Department Communities
- Housing & Public Works**

1800 623 242
116 Lennox Street, Maryborough
Delivers a range of housing assistance
to Queenslanders. Improving housing
affordability, reducing homelessness and
assisting Queenslanders to access the
private housing market.

▶ **Tenancy Advice Service**

1300 744 263
91 Bazaar Street, Maryborough
Hervey Bay Community Centre:
Provide advice on tenancy rights and
responsibilities and assistance with
tenancy forms. Priority will be given to
vulnerable clients.

▶ **Centacare Community Services
Fraser Coast Homestay Program And
Emergency Housing**

4194 0172
6/152 Boat Harbour Drive, Pialba.
Supporting tenants at risk of
homelessness.



▶ MEN & RELATIONSHIPS

Relationships aren't always easy. Sometimes your relationships with family or others might need some extra help and support to thrive or to get over a bump in the road. If a relationship has broken down, or you have had changes to family life this can cause living arrangements to change or access to children to be negotiated. During these challenging times relationship counselling and mediation can help.

▶ Fathers with Futures

Hervey Bay Neighbourhood Centre
(James) 0409 185 140
4pm - 6pm Thursday's

▶ Shed Night Fraser Coast

www.shednight.com
Facebook page:
Shed Night Fraser Coast
0412 441 174

It's about men sharing their stories of family, mates, sport, work, love, health and spirituality. Men grab a decent burger, stand around for a bit and then sit down to hear two or three champion guys get up and tell their story.

▶ Men's Line Australia (24 hours)

1300 789 978
National telephone and online support, information and referral service for men with family and relationship concerns.

▶ 1800 MYLINE (24 hours)

1800 695 463
Counselling and guiding young people on relationship issues.

▶ Family Relationship Advice Line

1800 050 321

▶ 1800 RESPECT

1800 737 732
Counselling for anyone experiencing, or at risk of, physical or sexual violence.
24 Hrs / 7 Days.

▶ A Time for Grandparents' Program

1300 135 500
www.grandparentsqld.com.au/program
For grandparents raising grandchildren.

▶ Parentline

1300 301 300
www.parentline.com.au
Available 7 days 8am–10pm.

▶ Relationships Australia

1300 364 277
0438 691 411
www.relationships.org.au
320 Kent St, Maryborough
Relationship counselling, family dispute resolution (mediation) and programs for separated parents in high conflict.



▶ HABITS & ADDICTION

If you are struggling with a destructive habit like gambling, smoking, drugs or alcohol one of the best ways to overcome the addiction is through using support. You don't have to deal with it alone. There are many services available to help you break the cycle of addiction or dependency.

▶ Effects of Alcohol & Illicit Drug Use

www.adf.org.au/drug-facts
Alcohol and Drug Foundation (ADF) is Australia's leading organisation committed to preventing alcohol and other drug harms in our communities. Learn about the effects and laws around different drugs.

▶ Bridges Health & Community Care

1300 707 655 or www.bas.org.au
Offer a range of interventions from psychological services, care coordination for people with serious mental illness and complex needs, through to counselling for youth, adults, families and carers.

▶ Gambling Help Services

4191 3100
www.gamblinghelponline.org.au
94 Old Maryborough Road, Pialba
Gambling Help is a free, face-to-face counselling service for people who may be struggling with their gambling or people who are affected by someone else's gambling.

▶ Alcoholics Anonymous

Hervey Bay - 0438 169 764
Maryborough - 0458 408 921
A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

▶ Quitline: Quit smoking

13 78 48
Confidential, free service for people who want to quit smoking.

▶ Family Drug Support Line

1300 368 186
Provides non-judgmental, non-directive support and information for families and friends of drug and/or alcohol users across Australia.

▶ AODS (Alcohol & Other Drug Services)

Hervey Bay & Maryborough 4128 5400
Specialist Fraser Coast AOD Service provides a range of interventions for self, family or friends that influence and support the decision to reduce or cease harmful alcohol and Other drug use. This includes assessment; counselling and support; ambulatory withdrawal; relapse prevention; Opioid Treatment Program; and, Needle and Syringe Program.

▶ Australian Government

www.drugs.health.gov.au
If you or a friend or family member is looking for information or support about alcohol and other drugs here you will find a number of different resources to help you, or help you support someone you care about.

▶ Bayside Transformations

4194 6621
234 Torquay Tce
Provides rehabilitation support for people in recovery from drug and alcohol addiction.

▶ Maryborough Hospital

4122 8222

▶ Hervey Bay Hospital

4325 6666
Provides comprehensive assessments for substance use, brief intervention, treatment planning, case management, counselling, residential treatment and referral if required. Assessment and Treatment, Clinical Consultation Counselling, Rehabilitation, Referral, Health Promotion and Prevention Strategies, Community Development, Needle and Syringe program outlet.

Alcohol Consumption Guidelines

Drinking more than two standard drinks on any day increases your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking more than four standard drinks on a single occasion increases the risk of alcohol-related injury arising from that occasion.

▶ LEGAL HELP

Often at the most unexpected times, legal support for divorce, work related problems or personal injury may be the help that is needed. Legal support services are available to provide practical advice, solutions and accurate information with your best interests in mind.

▶ Men's Rights Agency

mensrights.com.au

An Australian nation-wide non-profit organisation providing assistance for men and their families when faced with separation, family law/ child support issues, false allegations, domestic violence etc and discrimination.

▶ Dispute Resolution Centre

1800 68 1109

The Dispute Resolution Centre provides an Alternative to the Court Process. It can mediate many kinds of dispute.

▶ Wide Bay Dispute Resolution Centre

4125 9225

1800 681 109

▶ Anti-Discrimination Commission

1300 130 670

www.adcq.qld.gov.au

Counselling and guiding young people on relationship issues.

▶ Crime Stoppers

1800 333 000

▶ Department of Justice

Maryborough Court House

4121 1810

170 Richmond St, Maryborough

Hervey Bay Court House

4125 9300

Cnr Queens Rd & Freshwater St,
Scarness

▶ Justices of the Peace

1300 301 147

www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/about-justice-of-the-peace

Contact the Dept. of Justice & Attorney General, Justice of the Peace Branch, for details regarding 'Justices of the Peace' within the Fraser Coast District.

▶ Legal Aid Office (QLD)

1300 651 188

www.legalaid.qld.gov.au

Legal advice, representation, education, telephone information. Call centre also for detailed legal information.

▶ Probation and Parole Services

4125 9200

Community safety and crime prevention through humane containment, supervision and interventions with offenders. Servicing Fraser Coast.

▶ Seniors Legal and Support Service

4124 6863

6/16 Torquay Rd, Pialba

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

▶ Taylor Street Community Legal

4194 2663

A free legal service for disadvantaged people.

▶ FINANCIAL RESILIENCE AND WELLBEING SERVICE, GAMBLING HELP

▶ Centrelink

13 24 90

www.centrelink.gov.au

6 Hunter Street, Pialba

207 Lennox Street, Maryborough

Deliver social and health payments and services.

▶ Uniting Care Community

Hervey Bay - 4191 3100

Maryborough - 4122 9000

Offers financial and gambling counselling services free of charge, assessing clients' financial situations and clearly explain what options are available in a comfortable and private session.

▶ Maryborough Neighbourhood

Centre

4121 2141

FREE Financial Counselling at the centre every Monday from 1pm - 2pm. This service is by appointment only.

▶ National Debt Helpline

1800 007 007

Peak body for financial counsellors in Australia that offer a free, independent and confidential service.

▶ Gambling Helpline

1800 858 858

Provides supports for anyone affected by gambling, for free 24/7. Help is available.
For free and confidential support 24/7.

Notes

▶ ABORIGINAL & TORRES STRAIT ISLANDER & MULTICULTURAL SERVICES

▶ Galangoor Duwalami Primary Healthcare Service

4194 5554 / 4184 9969

www.galangoorduwalami.com.au
7/11 Central Ave, Pialba

Shop 1 87-89 Bazaar St, Maryborough

Provides comprehensive primary health and well-being services to the Aboriginal and Torres Strait Islander community in the Fraser Coast and surrounding area.

▶ Maryborough Aboriginal Corporation for Housing & Cultural Development (MACHCD)

4122 4382 / 0498 578 110

www.machousing.org.au

1/164 Bazaar Street, Maryborough

Support and housing for Aboriginal & Torres Strait Islander people.

▶ IUIH Home Support Hervey

1300 852 598

www.iuih.org.au

133 Denmans Camp Road, Kawungan
Household and social support to help Aboriginal and Torres Strait Islander Elders and those with disabilities stay in their homes for longer.

▶ Indigenous Health – Community Health

4122 8733

▶ Australian Group Latino Fraser Coast

4128 8359

Friendship, language, Latin dance & Latin music for all nationalities.

▶ Community Action for a Multicultural Society Fraser Coast (CAMS):

4194 3000

To support all Queenslanders, regardless of their cultural, linguistic or religious backgrounds. Assistance available in advocacy, accessing services and with community capacity building activities.

▶ Translating and Interpreting Services National

13 14 50

Interpreting assistance, plus some translation services offered.

▶ Seniors Legal and Support Service

4124 6863

6/16 Torquay Rd, Pialba

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

▶ Taylor Street Community Legal

4194 2663

A free legal service for disadvantaged people.

▶ OLDER & WISER

▶ VVCS–Veterans & Veterans

Families Counselling Service

1800 011 046

▶ Australia Men's Shed Association

1300 550 009

Find your local Men's Shed:

www.mensshed.org

▶ Halcro Street Community Centre

4194 2441

Find us on Facebook

30 Halcro Street, Pialba

A range of activities to reduce social isolation and get involved in your community.

▶ Older Men Unlimited

0438 129 153 / 4194 0172

www.omuhb.com.au

Information and support for older men who may be feeling isolated and lonely.

▶ RSL Sub-Branch

11 Torquay Road, Pialba – 4197 7477

163-175 Lennox Street, Maryborough

4122 2321

Pension & welfare support to the ex-service community.

“I will never be an old man. To me, old age is always 15 years older than me.” Attributed to Francis Bacon

▶ SES Fraser Coast (State Emergency Service)

103 Old Maryborough Rd, Pialba

4124 6900

www.ses.qld.gov.au

Speaking to your doctor about your mental health is a good first step – if necessary, they can refer you to support services that best suit your needs. There are also several excellent organisations that older people can contact for help. They include:

▶ My Aged Care (aged care services provided by the Australian government) 1800 200 422

▶ Open Arms - formally At Ease (mental health support for veterans, ADF personnel and their family members) 1800 011 046 - 24hr

▶ Beyond Blue (for people feeling depressed or anxious) 1300 224 636 or Chat Online

▶ SANE Australia (people living with a mental illness) 1800 187 263

▶ Black Dog Institute (people affected by mood disorders) www.blackdoginstitute.org.au

▶ Lifeline (for anyone having a personal crisis) 13 11 14 or Chat Online

▶ Suicide Call Back Service (24/7 counselling for anyone thinking about suicide) 1300 659 467 healthdirect.com.au

SLEEP

Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think.

(Collins English Dictionary)

▶ Sleep Disorders Australia

www.sleepoz.org.au

Assisting with Sleep Apnea, Restless legs Syndrome, Insomnia & Other Sleep Disorders

▶ NODDS (Narcolepsy and Overwhelming Daytime Sleep Society of Australia) - www.nodss.org.au



WHAT AFFECTS YOUR MENTAL HEALTH?

Your mental health can be influenced by a number of factors, including:

- Your genes (some mental health issues run in families)
- Divorce, separation, or the breakup of a long-term relationship
- The death of a loved one
- Losing your job, or job changes
- Going through bankruptcy
- Moving to a new home
- Coping with a natural disaster
- Caring for an aging parent
- The birth of your child
- Being diagnosed and living with a serious illness, or suffering a major injury

Admitting to yourself (and others, if necessary) that you have a problem, and getting the help you need is a sign of great strength.

With proper diagnosis and treatment, the vast majority of men with depression can be helped, and will go on to lead normal, happy lives.

▶ WHAT IS DEPRESSION?

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health. (beyond blue)

▶ WHAT ARE ANXIETY DISORDERS?

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure, they usually pass once the stressful situation has passed, or 'stressor' is removed.

▶ WHAT IS STRESS?

Stress is an unavoidable and in small doses a very important part of our lives. Without it, you'd never have been able to ask your high-school babe out on that first date or pull an all-nighter before a final exam. You couldn't beat out an infield single, your heart wouldn't pound while watching a horror movie, and you wouldn't feel the slightest joy at the birth of your child or buying a car. In some cases, stress can actually save your life.



▶ NOT SURE WHAT TO DO NEXT?

If you or someone you know are finding it difficult to manage mental health issues, seek professional help. (Refer to our 'Who Can Help & What Can Guide You' page)

Whether it's self care, talking to a health professional, going to a hospital or calling triple zero (000).

▶ CONTACTS - WHO TO CALL

▶ QLD Health Helpline

13 HEALTH (13 43 25 84)
General health information, referral, and teletriage services. This number is serviced 24 hours a day by qualified staff, who will give you advice on who to talk to and how quickly you should do it.

▶ Sexual Health

Andrology Australia - 1300 303 878
www.andrologyaustralia.org.au

▶ Health Direct

1800 022 222
www.healthdirect.gov.au
Learn about health topics relevant to men, such as prostate cancer, male baldness, male depression and ... Men over 40 with a family history and all men over 50 should have screening according.

▶ Diabetes Education Services

4125 6670
www.adea.com.au/clinics/diabetes-education-services

▶ Impotence Australia

1800 800 614
www.impotenceaustralia.com.au

▶ Sexual Health Service

1800 675 859

▶ Search for a doctor in your location.

<https://www.healthdirect.gov.au/australian-health-services>

▶ Diabetes Queensland 1800 177 055

www.diabetesqld.org.au
NDSS Helpline - 1300 136 588

▶ Heart Foundation 1300 362 787

www.heartfoundation.org.au

▶ QuAC Clinic (07) 3017 1777

Hervey Bay Neighbourhood Centre
Free sexual health tests are available for members of the LGBTI community in Hervey Bay. The clinic is open once a month on a Wednesday at Hervey Bay Neighbourhood Centre 22 Charles St, Pialba.

MAKE TIME ▶ STAY CONNECTED

A Chat Lap is going for a drive with a mate, and having a chat. It's as simple as that.

Blokes often prefer to talk side-by-side, rather than face-to-face, which makes a car trip the perfect time for an open and honest conversation, without it being weird.

A conversation can make the difference in helping someone feel less alone and more supported, no matter where you have it. As a mate, don't underestimate the power of just 'being there'.

Simple Steps That Could Change A Life

Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

Have open conversations You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving. Reaching out is crucial.

Got a niggling feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up.



1. Ask



2. Listen



3. Encourage
action



4. Check in

Conversations need to happen every day. Encourage more people to ask R U OK?

WWW.RUOK.ORG.AU

WHO CAN HELP WHERE TO GO TO & WHAT CAN GUIDE YOU

allied health workers - fraser coast ▶ www.ourphn.org.au/wp-content/uploads/2017/04/allied_fraser_forwebsite.pdf

the black dog institute ▶ www.blackdoginstitute.org.au

beyondblue ▶ www.beyondblue.org.au

support after suicide ▶ www.supportaftersuicide.org.au

head to health ▶ www.headtohealth.gov.au

australasian men's health forum ▶ www.amhf.org.au

australian family relationships ▶ www.familyrelationships.gov.au

dads in distress ▶ www.dadsindistress.asn.au

aboriginal men's and boys' health ▶ www.ahmrc.org.au/amh/amh

centre for advancement of men's health ▶ www.mannet.com.au

foundation 49 - men's health ▶ www.49.com.au

men's rights agency ▶ www.mensrights.com.au

men's sheds ▶ www.mensshed.org

man therapy ▶ www.mantherapy.org

prostate cancer foundation australia ▶ www.prostate.org.au

sane australia ▶ www.sane.org

reach out! ▶ www.au.reachout.com

mindspot ▶ www.mindspot.org.au

on the line ▶ www.ontheline.org.au

q life ▶ www qlife.org.au

my health for life ▶ www.myhealthforlife.com.au

moodgym ▶ www.moodgym.com.au

👍 think positive

👤 be sociable

🍏 eat healthily

📖 keep your mind active
& learn new things

🏃 exercise

VERY IMPORTANT NUMBERS

If you feel you can't talk to anyone in your immediate support circle about some of the issues you are going through – that's okay! There are many external and anonymous ways of getting support. Just don't leave it for too long before seeking the mental health tools you need.

Below is a list of help sources for immediate help.

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on:

000 (or 112 from a mobile phone)

To talk to someone now call:

▶ **Lifeline**

13 11 14

▶ **Suicide Call Back Service**

1300 659 467

OTHER 24 HOUR EMERGENCY INFORMATION:

▶ **Men's Line Australia**

1300 789 978

▶ **Alcohol and Drug Information Service**

1800 177 833

▶ **Standby Response Service**

0407 766 961

24hr Suicide Bereavement Support

▶ **Direct Mental Health**

1300 64 22 55

HOTLINES, EMERGENCY, AFTER HOURS & MENTAL HEALTH SERVICES

▶ **Maryborough Hospital**

4122 8222

▶ **Hervey Bay Hospital**

4325 6666

▶ **eheadspace**

1800 650 890

Confidential, free and secure space, 12 to 25 and family can web chat, email or speak with a qualified mental health professional.

▶ **healthdirect**

1800 022 222

24hr health advice

▶ **Mental Health Line**

1800 011 511

Expert mental health advice, support and referrals for people dealing with a mental health problem.

Being a good mate is about supporting a person in that space and genuinely listening to what they have to say. You don't have to be an expert or necessarily have any of the answers to people's problems, just the ability to listen.

