


Healthy Workers – Healthy Futures What and Where Guide: Men’s Health

This table lists a number of local and national organisations that provide information and resources to support individuals to learn about men’s health.

Description	Healthy vision	Healthy places	Healthy people	
Provide information to staff about common health problems that men may face			<ul style="list-style-type: none"> • 	<p>Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) offers a range of publications that can be downloaded or hard copies can be ordered from their website.</p> <p>Foundation 49 provides a number of resources that can be downloaded or ordered online. The Men’s Health Toolkit covers a range of men’s health topics in everyday language. They also provide “health in the decade of your life” fact sheets.</p>
Run an event that promotes men’s health in your workplace			<ul style="list-style-type: none"> • 	<p>Andrology Australia has produced a Men’s Health Education Kit to assist organisations and individuals to hold seminars and raise community awareness of a range of men’s health problems.</p> <p>Movember</p> <p>Men’s Health Week</p>
Run a weight loss program in your workplace specifically designed for men			<ul style="list-style-type: none"> • 	<p>GIRTH is a 12-week peer-led healthy lifestyle program run by men and for men developed by the Freemasons Foundation Centre for Men’s Health in conjunction with the CSIRO, and co-funded by SA Health.</p>
Promote support for men’s mental health			<ul style="list-style-type: none"> • 	<p>Man Therapy</p> <p>Mates in construction</p>