

Men's mental health and wellbeing

Please note the resources displayed in this document were accurate at the time of publication

Websites:

Are you bogged mate

<https://www.areyouboggedmate.com.au/where-to-get-help/>

Rural aid

www.ruralaid.org.au

Support services

Virtual Psychologist

www.virtualpsychologist.com.au/rural-remote

VP is text based service delivered by qualified mental health professionals that allows men to have discussions about their mental health over the phone and is available 24/7 free to anyone living in a rural and remote settings by calling 0488 807266.

Video journalism

ABC Landline story on "Are you bogged mate" – the farmer's version of "R U OK?" featuring Mary O' Brien who shows language and skills used to talk to men about their mental health available at

<https://www.youtube.com/watch?v=TqR9cH4XDH>

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