# 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 <u>https://www.areyouboggedmate.com.au/where-</u> 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 <u>https://www.youtube.com/watch?v=TqR9cH4XDH</u> <u>W</u>



Mental Health Professionals' Network Emirates House Level 8, 257 Collins St Melbourne VIC 3000 PO Box 203 Flinders Lane VIC 8009 1800 209 031 contactus@mhpn.org.au www.mhpn.org.au

### MHPN WEBINARS

.....

## SUPPORTING RESOURCES