

Navigating the Health System + Men's Health

General Resources and Links

HCCA's Navigating the Health System page <https://www.hcca.org.au/navigating-the-health-system/>

Useful links and contact details for some of the health services in the ACT

Healthdirect <https://www.healthdirect.gov.au/>

Check your symptoms, find a doctor near you and read trustworthy health information. To speak to a nurse, day or night, call 1800 022 222.

Canberra Health Services Service Finder

<https://www.canberrahealthservices.act.gov.au/services-and-clinics>

Find public health services in the ACT.

MyDr www.mydr.com.au

Provides reliable health information on symptoms, diseases, tests, investigations, medicines and treatments. Also provides health tools and calculators.

Questions to Ask Your Doctor <https://www.healthdirect.gov.au/questions-to-ask-your-doctor>

You'll get more out of your healthcare if you're well informed about any treatments, medicines or tests that your doctor or other health professional recommends – and that means asking questions. This guide will help you decide what questions you need to ask.

Choosing Wisely <http://www.choosingwisely.org.au/resources/consumers/5-questions-to-ask-your-doctor>

Some tests, treatments and procedures provide little benefit. And in some cases, they may even cause harm. Use the 5 questions to make sure you end up with the right amount of care — not too much and not too little

Men's Health

Healthy Male <https://www.healthymale.org.au/>

Australian men's health information on a range of topics from reproductive health to nutrition, mental health and more.

Healthline's Preventative Care Guide <https://www.healthline.com/health/mens-health/ultimate-preventative-care-guide-for-men>

This guide is from the USA, but much of the information is helpful to know what you should be looking for depending on your age.

Healthdirect Essential Screening Tests for Men

<https://www.healthdirect.gov.au/essential-screening-tests-for-men>

Find out what screening test you should get and when to stay healthy.

Men's Health Down Under <https://menshealthdownunder.com.au/>

Advice from community pharmacists specialising in men's health, run out of Cooleman Court Pharmacy in Weston.

Mental Health and Counselling

Every Man <https://www.everyman.org.au/>

Free counselling, mental health support, homelessness services and more. Call 02 6230 6999, visit or visit Room 3.01 Griffin Centre, 20 Genge Street Civic ACT 2601.

Mensline <https://mensline.org.au/>

Free counselling and support for mental health, addiction, parenting and more. Call 1300 78 99 78.

Beyond Blue <https://www.beyondblue.org.au/who-does-it-affect/men>

or read resources about men's mental health, access free forums and chat online or call a counsellor on 1300 22 4636.

Updated April 2023. This resource provides general information that is accurate at the time of publication. It is not professional medical or legal advice.