

The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)
is proudly supported by Royalties for Regions.



...before it all gets too much...
Talk to a Mate!!

WORKING WITH WARRIORS
and
FAST TRACK PIT STOP
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of Wheatbelt Men's Health (Inc.)



*...empowering men and communities to take
responsibility for their wellbeing and health...*

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WHO WE ARE WHAT WE DO



*...empowering men and communities to take
responsibility for their wellbeing and health...*



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WHO WE ARE

Wheatbelt Men's Health (Inc.) (WMH) is a not for profit organisation formed to raise awareness of men's wellbeing and health.

The organisation was formed in May 2002. Our office is based in Northam and we service Regional WA.

WMH (Inc.) emphasis is on men's holistic wellbeing and health, which means the whole person and understanding problems/issues in the context of life. When we consider the individual we believe we are more than just physical and mental beings, the often neglected element, is our "social/spiritual" wellbeing.

We promote the requirement that it is important to know and understand the story behind our identity and what it is that makes us an individual.

We engage with men on their terms and go to where the blokes are.

Since July 2010 WMH has been delivering "The Regional Men's Health Initiative".

The Regional Men's Health Initiative aims to be a bridge of education and support to regional men, communities and local health services.

WHAT WE DO

This program's primary role is community education on men's holistic wellbeing and health. This is delivered in three ways:

1. Warrior Education Sessions

Where we talk about blokes physical, mental, and social/spiritual wellbeing.

2. Fast Track Pit Stop

An interactive wellbeing and health awareness and listening tool that is themed around the servicing of a vehicle including:

- ▲ Waist Measurement - (Chassis)
- ▲ Blood Pressure - (Oil Pressure)
- ▲ Coping Skills - (Shock Absorbers)

3. Advocacy

We support positive change concerning men's wellbeing and health by:

- ▲ promoting the motto ... *before it all gets too much ...Talk to a Mate!!*
- ▲ providing personal short term resilience support;
- ▲ providing critical links to professional services;
- ▲ continuing to pioneer men's holistic health and wellbeing at every opportunity.

The slogan "*...before it all gets too much...Talk to a Mate!!*" is the basis of all our initiatives. **Mate-ship, empathy and the appropriate use of humour is the key to connectedness in our programs and presentations.**

ADVOCATE

To advocate for positive change concerning men's wellbeing and health

PROMOTE

To increase community awareness and promote the importance of men's wellbeing and health

VISION

To empower men and communities to take responsibility for their wellbeing and health

EMPOWER

To empower individuals and communities to develop and maintain support networks

GOVERN

To operate utilising good governance principles



...empowering men and communities to take responsibility for their wellbeing and health...