

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

January to March 2017

### **News Topic: Ten to a Men – Australian Longitudinal Study on Male Health**

The first summation of the “Ten to Men” Australian longitudinal study on male health was released in late 2016. This study is the largest ongoing all-male cohort study in the world and will help to make a real difference in our understanding of male health and wellbeing and the factors that influence it.

Of particular significance for RMHI is that this research supports all the things we do, in what we talk about with blokes and how we engage with men and communities.

One point that they make is around the delivery of suicide prevention strategies. I quote *“We should not only focus on mental health problems but should also address what is happening in men’s lives”*. Life stressors or what we refer to as **“Situational Distress”** is a very important part of the language landscape which we all need to use in all discussions around our mental health and wellbeing and in particular suicide.

### **Highlights from the activities in the quarter with RMHI staff in attendance:**

#### **Snapshot of Events:**

- Mount Barker – Presentation & Fast Track Pit Stop - Gate to Plate Challenge - 07/01
- Kellerberrin – Presentation – Community – End of Harvest Gathering - 28/01
- Westonia – 5 Presentations over 2 weeks – Evolution Mining & Community – 8/02
- Narrogin – Presentation & Fast Track Pit Stop – WACHS Men’s Breaky – 14/02
- Derby – Trade Display – Derby Community Expo – 19/02
- Derby – Presentation – Shire of Derby-West Kimberley outside staff – 20/02
- Perth – Presentation & Fast Track Pit Stop– AgVivo Conference 2017 – 24/02
- Lancelin – Fast Track Pit Stop – Aglime Australia – 01/03
- Perth – Presentation & Trade Display – WA Country Week Bowls -02/03
- Wagin – Fast Track Pit Stop – Wagin Woolarama – 10/03 & 11/03
- Kalannie – 2 Presentations – Dimensions of Women’s Wellness 2017 – 11/03
- Cunderdin – 3 Presentations – Agricultural College – National Bullying day – 15/03
- Ravensthorpe – Presentation – WFI Floods Recovery night – 17/03
- Albany – 2 Presentations & Fast Track Pit Stop – Gate to Plate Challenge – 21/03
- York – Presentation – Dad’s Play Group Breakfast – 31/03

**Advocacy:** General and Support – 170

To find out more visit [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

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