

Raising awareness of men's health and wellbeing in regional, rural and remote WA

The Regional Men's Health Initiative is made up of a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural and remote communities throughout Western Australia.

We're not a health organisation rather, we act as a bridge of support and education to regional men, local communities and health services.

In our definition of health and wellbeing the three components which define this are: our physical, mental and our social/spiritual wellbeing. Language which resonates with blokes and community is used, giving permission to have a normal reaction to an adverse/abnormal life event.

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. Men are encouraged to talk about issues in their lives and challenge them to identify who their true mates are. As blokes we quite often only have three main categories of people we can confide in. These categories being; partner, peer or mentor.

The slogan ...before it all gets too much...Talk to a Mate!! is the basis of all our initiatives.

Wheatbelt Men's Health (Inc.) became incorporated in 2002 and has been delivering The Regional Men's Health Initiative since July 2010.

wheatbelt men's health inc.



WORKING WITH WARRIORS

By the team at RMHI

TAKING RESPONSIBILITY FOR OUR
HEALTH AND WELLBEING

WORKING WITH WARRIORS

*Tips and stories to help you
maintain balance in your life*



By the team at RMHI