

What will it cost to use these services?

Mensline Australia provides ready access to information and support at any time of the day or night from anywhere in Australia for the cost of a local call on landline telephone services. Calls from mobile phones will be charged at a higher rate.

How can I contact these services?

To access *Mensline Australia*, call 1300 789 978, which is a 24-hour hotline available at the cost of a local call. For more information on *Mensline Australia* visit www.menslineaus.org.au.

Alternatively, call the Family Relationship Advice Line on 1800 050 321* or visit Family Relationships Online at www.familyrelationships.gov.au

*Available 8.00 am – 8.00 pm Monday to Friday and 10.00 am – 4.00 pm Saturdays (except national public holidays).

Brochure orders

To order additional brochures contact 1800 050 009 between 8.30 am to 5.30 pm

Monday to Friday (except national public holidays).



Australian Government

Mensline Australia



Where men are striving to enrich their relationships and deal with personal issues, the Australian Government funds Mensline Australia, a dedicated telephone service providing professional, specialist support and information for men.

What services are available to me?

Mensline Australia is a support service dedicated to men's issues.

The service delivers a 24-hour-a-day, every day of the year telephone counselling service making referrals to men's services and support programs in local areas.

The service provides professional, anonymous and confidential short-term counselling over the telephone. *Mensline Australia* will call you back and coach you individually. You may choose to participate in a telephone peer support group discussion tailored to your specific needs and interests.

You can visit the *Mensline Australia* website at www.menslineaus.org.au, which contains practical tip sheets, and details of men's programs and services.

Who can use these services?

This service is available to all men wanting to enrich their relationships and improve their communication skills with partners and children. It is also for other family members or anyone concerned about a man who may be experiencing distress.

Mensline Australia also aims to help recently separated men who are experiencing many emotions such as confusion, a sense of anger or feelings of loss.

How can I benefit from these services?

Mensline Australia can help by giving you advice or support on relationships, family issues and improving the way you communicate. Practical support, information and strategies for dealing with difficult situations are also offered.

The service provides assistance to separated fathers who want to continue to be involved in their children's lives in a meaningful way, suggesting new ways to negotiate with ex-partners and practical ideas on step-parenting and blended families.

When can I access these services?

Mensline Australia is available for you to use at any time but may be particularly useful when you are having problems with your family relationships.

Any relationship can get into trouble and it's important to act sooner rather than later to try and sort the issues out. Experience shows there is more chance of finding a solution if you talk through a problem. A telephone call is a quick and easy way to do this and seeking support and advice can make a real difference to the outcome.

Is it confidential?

The service provided by *Mensline Australia* is confidential except in certain circumstances.

By law, service providers are required to report some things. If staff reasonably suspect that there is a current threat of serious harm to someone or that a person has actually been harmed and/or a child is at risk of abuse or neglect, then they must report that suspicion to the appropriate authorities.