

Lifeline Australia would like to contribute information from its experiences to the inquiry into Men's Health.

Our key points are as follows:

1. It is apparent that men generally experience death by suicide more than women, and that men are not accessing mental health services to the same extent as women (noting the findings of the 2007 ABS National Survey of Mental Health and Wellbeing).
2. That some men are at greater vulnerability or risk, ie: men in rural areas, indigenous men, young men, older men, men in prison or custody, men experiencing difficult life events, such as relationship breakdown, loss of employment, financial stress.
3. That men's helpseeking attitudes and skills are important determinants in men obtaining personal support, service access and treatment on suicide and mental health issues. Social inclusion and the reduction in stigma around suicide and mental health are key challenges for service delivery towards better men's health outcomes.

Lifeline produces information and self-help products for men and has been involved in several major outreach campaigns that target men. Lifeline is a major provider of suicide awareness training in communities throughout Australia through the LivingWorks program. Lifeline provides 24 hour seven day a week support for men through the national Lifeline Telephone Counselling Service (13 11 14).

Attached is some information and examples of the work Lifeline undertakes in relation to men.

Also attached is the profile on rural men callers to 13 11 14, which shows trends and issues for men utilising this service.

Lifeline would welcome any opportunity to provide more information and comment to the Senate Inquiry.