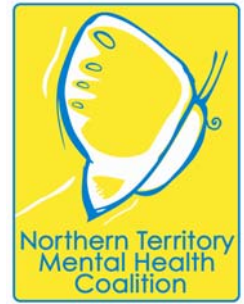


NT Mental Health Coalition

February 2009



Research Summary to be included in Men's Health Senate Select Committee



Senate Select Committee on Men's Health

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Introduction

The Northern Territory Mental Health Coalition has been invited to submit a submission to the Senate Select Committee on Men's Health.

The Senate has established a Select Committee on Men's Health to inquire into general issues related to the availability and effectiveness of education, supports and services for men's health, including but not limited to:

1. Level of Commonwealth, state and other funding addressing men's health, particularly prostate cancer, testicular cancer and depression.
2. Adequacy of existing education and awareness campaigns regarding men's health for both men and the wider community.
3. Prevailing attitudes of men towards their own health and sense of wellbeing and how these are affecting men's health in general.
4. The extent, funding and adequacy for treatment services and general support programs for men's health in metropolitan, rural, regional and remote areas.

The information gathered in this report will form part of the Northern Territory Mental Health Coalition submission to the Senate Select Committee on Men's Health, the focus being Men's Mental Health in the Northern Territory.

Methodology

The methodology used to gain research information:

1. Undertaking a web-based literature and document review.
2. Contacting Northern Territory Government.
3. Contacting the Northern Territory General Practises.
4. Contacting Northern Territory Community Mental Health Service Organisations.
5. Conducting a survey of 100 Northern Territory men.

Regions of Northern Territory

Map of Northern Territory regions:



Level of existing Northern Territory Government funding addressing Mental Health

The Northern Territory Government has allocated funding of \$915 million is provided for health and family services in 2008-09 Budgets, up from \$838 million in 2007-08. Included in the above figure is \$35.2 million for mental health services¹.

The Northern Territory Government has also injected \$12.7 million over three years into mental health services to improve clinical mental health care and strengthen support services, especially through recognising the key role non-government organisations play².

¹ 2008-09 Northern Territory Government Budget Department of Health and Families

² Building Healthier Communities, A framework for health and Community services 2004-2009

Existing Men's Mental Health Services in Northern Territory

Following is a list of Health Services in the Northern Territory, these are grouped in regions and listed in alphabetical order, all of these services are available to men in some form and some are specifically tailored for men.

**Note: at the time of sending it is not known for certain that all these services are currently staffed and operational*

Darwin region

Organisation:	Services offered:
Alcoholics Anonymous (AA)	- Alcoholics Anonymous is a fellowship of men and women who share their experiences in order to help them solve their common problems and assist recovery from alcoholism.
Alzheimer's Australia NT	- Provides support services for people with dementia.
Beyondblue	- Telephone counselling and referral service
Belyuen Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Centacare NT	- Mens' counselling service.
Danila Dilba Medical Service NT	- Men's Health Centre manages men's health and wellbeing issues and provides opportunities for clients to design and develop activities that are applicable to their health needs that are gender specific to them. - Mobile Team offering culturally appropriate primary health care to men in town camps.
Department of Veterans' Affairs NT	- Counselling services.
Employee Assistance Service NT	- 24 hour, seven day a week critical incident and trauma debriefing and general psychologists counselling services.
General Practice Network NT	- Directory of Psychological Services, (clinical, community, counselling, private psychologist) - Clinical services, with a holistic approach, provided one day a week at the Tamarind Centre and Allied health services provided at Headspace.
Grow NT	- 12 step recovery program - Day to Day Living, drop in centre providing structured and socially based activities,(provided in partnership with TEAMHealth).

Headspace Top End	- Community service for youth (12-25) who experience early signs of mental health/ drug and alcohol issues, offering social activities, support and training.
IM Concepts	- Individual and group skill focused psychological services.
Lifeline	- Telephone helpline
Lone Fathers' Association (LFA) & The Office of the Status of Men & Families LFA NT Self-Help & Support Group	- Provides a regular support & self-help meeting to assist lone fathers with relieving some of the pressure, anger and loss associated with relationship breakdown. Advocacy, support, information and referral for single fathers are also provided. The Association lobbies government, the Family Court and agencies for equity and rights for single fathers.
Mental Health Carers NT	- Pete's Place offering a range of rehabilitation programs to assist people with a mental illness to work towards social and recreational goals. - Carer support services - Carer education programs
Mensline Australia	- Telephone counselling, referral and call back support service
Nganmariyanga Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males. After-hours on-call service is available.
Nightcliff Medical Centre	- Men's Health Checks including discussions on family relationships and social connectedness.
Northern Territory AIDS & Hepatitis Council (NTAHC) Aboriginal & Torres Strait Islander Project Peer Projects Beats Project	- Provides support for gay, bisexual and transgender Aboriginal & Torres Strait Islander males, including referrals to other health care agencies. Outreach service includes the provision of safe-sex materials and sexual health information. Indigenous interpreting staff is available. - Provides health education and support for gay men and lesbians. - An outreach service provides safe-sex materials and sexual health information for gay, bisexual and transgender Aboriginal & Torres Strait Islander males. Indigenous interpreting staff is available.
Northlakes Medical Centre	- Men's Health Checks including discussions on family relationships and social connectedness.
Peppimenarti Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males. On-call service is available after hours.

SANE	- Telephone help line
Relationships Australia NT, Darwin	- Provides relationship education courses and seminars. A men & family relationships course for fathers after separation is also available.
Salvation Army Darwin Homeless Men's Program	- Crisis accommodation is available for homeless men. Case-management support is also provided. Twenty-four-hour contact is available. - Provides a 15-week program for residential and non-residential male clients and non-residential female clients with counselling, case management and referrals to other drug and alcohol networks.
Somerville Community Services	- Depression and anxiety counselling, support and advocacy services.
St Vincent de Paul Society(NT) Vincentcare	- Ozanam House in Stuart Park is a day centre open to all clients who are trying to build their capacity to lead improved lives by providing practical support and access to in house programs run by beyondblue and Danila Dilba visiting medical clinic. - Bahkita Centre in Coconut Grove is a 25 bed men only short term accommodation facility. - Park Lodge in Stuart Park provides medium to long term unit accommodation as well as offering support and case management to clients to access permeant government housing. - Counselling is available for young and adult males over 18 years old. - Case-management services are available for young and adult males over 18 years old. - Assistance with the development of independent living skills is provided for young and adult males 18 years and over. - Community based outreach for males over 18 years
STAR R Centre	- Stigma, Trauma, Abuse, Rejection Recovery Centre aimed at providing specialistic interventions for relief and recovery of any form of mental distress.
SW Mental Health Counselling	- Bulk billing mental health practice of accredited clinical mental health social workers.

<p>Top End Association for Mental Health</p>	<ul style="list-style-type: none"> - Recovery assistance program provides recovery focused support. - Community Housing Program provides short to medium term housing options for clients who have the capacity to live independently. - The Manse is a specialist 24 hour long-term supported accommodation program designed to support people with complex needs. - Sub Acute program provides intensive individualised support. - Personal Helpers and Mentors Program is designed to improve the quality of life of individuals with functional limitation resulting from a severe and persistent mental illness. - Day to day living program provides structured and socially based activity programs, (provided in partnership with Grow NT). - Byte Cafe and Sparkle Laundromat provides training and employment opportunities for people living with a mental illness. - Community Age Care Packages provide planned and coordinated community care.
<p>Top End Mental Health Consumer Organisation (TEMHCO)</p>	<ul style="list-style-type: none"> - Mutual support, system advocacy and social events for people with a mental illness.
<p>Top End Mental Health Service</p>	<ul style="list-style-type: none"> - Tamarind Centre provides a 24 hour service which assesses people for hospital admission and referrals as well as providing treatment and support including case management, consultation, liaison with other treatment agencies, referrals to other specialist agencies or services, specialised rehabilitation, crisis management, mental health education and information. - Royal Darwin Hospital inpatient services For the Cowdy Ward and Joan Ridley Unit. The Joan Ridley Unit is designed for people with acute psychiatric problems who require a secure environment. - Mental Health Services 24 hour phone line for rural and remote assessment and crisis intervention. - Cultural Counselling Program providing culturally appropriate counselling using law and traditional knowledge.
<p>Totally & Permanently Incapacitated Ex-Servicemen & Women, NT Branch (TPIE)</p>	<ul style="list-style-type: none"> - Provides welfare services and advice about pensions for male & female incapacitated veterans of all ages and assists with procedures & claims to the Department of Veterans' Affairs.
<p>Health Promotion NT, Remote & Male Health</p>	<ul style="list-style-type: none"> - Provides preventable chronic-disease promotion in remote health and men's health.
<p>Wisemind Psychology</p>	<ul style="list-style-type: none"> - General and clinical individual and group psychological services.

Kakadu and Arnhem Land:

Organisation:	Services offered:
Alyangula Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Beyondblue	- Telephone counselling and referral service
Bickerton Island (Milyakburra) Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Gapuwiyak Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Gunbalanya (Oenpelli, Kunbarrlanjanja) Remote Health Centre	- Provide health information and medical transport for young and adult aboriginal men
Kunbarllanjnja Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Lifeline	- Telephone helpline
Maningrida Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Mensline Australia	- Telephone counselling, referral and call back support service
Minjilang Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Ngalkanbuy Health Service	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Top End Mental Health Service	<ul style="list-style-type: none"> - Community based mental health service looking after the mental health and wellbeing of individuals and families. - Gove Hospital, psychiatric patients admitted to non specific wards but with some social worker support. - Mental Health Services 24 hour phone line for rural and remote assessment and crisis intervention.
SANE	- Telephone helpline

Katherine region:

Organisation:	Services offered:
Barunga Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Beyondblue	<ul style="list-style-type: none"> - Telephone counselling and referral service
Bulman Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Centracare NT	<ul style="list-style-type: none"> - Mens' counselling service. - Assists men to improve the quality of their relationships with their children, partners or ex-partners.
EASA, Katherine	<ul style="list-style-type: none"> - The Employee Assistance Program (EAP) provides a comprehensive range of confidential counselling and support services in work-related problems for employees and their immediate family members, paid for by employers. After-hours appointments are also available. Both male and female counsellors are available.
Kalkarindji Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Lifeline	<ul style="list-style-type: none"> - Telephone helpline
Mensline Australia	<ul style="list-style-type: none"> - Telephone counselling, referral and call back support service
Ngukurr Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Pine Creek Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Robinson River Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Top End Mental Health Service	<ul style="list-style-type: none"> - -Community based mental health service looking after the mental health and wellbeing of individuals and families. - -Katherine Hospital, psychiatric patients admitted to non specific wards but with some social worker support. - -Mental Health Services 24 hour phone line for rural and remote assessment and crisis intervention.
St Vincent de Paul Society(NT) Vincentcare	<ul style="list-style-type: none"> - -Ormonde House is a men only short term accommodation facility that employs two support workers that also provides day programs dealing with co morbidity issues.

Sunrise Jilkminggan Community Health Centre Mataranka	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
SANE	- -Telephone helpline
Wurli-Wurlinjang Health Service	- General medical services are provided for Aboriginal families and singles. The medical clinic is staffed by male & female Aboriginal health workers and medical practitioners who can be contacted by telephone and make home visits for regular patients unable to attend the clinic. Visiting medical specialists are provided on referral from the clinic.

Tennant Creek region:

Organisation:	Services offered:
Ali Curung Health Centre	- A visiting men's health clinic, with referrals and follow-up for young and adult males 15 to 50 years old. The service particularly assists indigenous men.
Beyondblue	- Telephone counselling and referral service
Borroloola Community Health Centre	- Emergency refuge accommodation is available for indigenous women, children & men who are experiencing family violence.
Centacare NT	- Mens' counselling service.
Lifeline	- -Telephone helpline
Mensline Australia	- -Telephone counselling, referral and call back support service
Central Australian Mental Health Services	- -Community based mental health service looking after the mental health and wellbeing of individuals and families. - -Tennant Creek hospital, psychiatric patients admitted to non specific wards but with some social worker support. - -Mental Health Services 24 hour phone line for rural and remote assessment and crisis intervention.
SANE	- Telephone helpline

Alice Springs, Uluru and Kata Tjuta region:

Organisation:	Services offered:
Alzheimer's Australia NT	- Provides support services for people with dementia.
Aputula Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.
Beyondblue	- Telephone counselling and referral service
Bindi	- Employment opportunities.
Bonya Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males. An after hours on-call nurse is available.

Central Australian Aboriginal Alcohol Treatment Program (CAAAPU)	- An outreach day-care alcohol-awareness program is available for indigenous men and women with alcohol problems.
Centacare NT	- Men's counselling service. - Assists men to improve the quality of their relationships with their children, partner or ex partners. - SFVS provides a range of specialist whole-of-family intervention and prevention services for men, women, young people and children affected by family violence.
Central Australian Aboriginal Congress	- Men's health program run by men to provide health checks including discussions on wellbeing - General counselling services.
Central Australian Mental Health Services	- Inpatient facility known as the Mental Health Unit caters for people with acute psychiatric problems. - Mental Health Services 24 hour phone line for rural and remote assessment and crisis intervention.
Central Medical Clinic	- Men's Health Checks including discussions on family relationships and social connectedness.
General Practice Network NT	- Clinical psychological services.
EASA, Alice Springs Alcohol and other drugs program EAP program (employee assistance program)	- Specialist counselling and therapeutic treatment service for people affected by alcohol and other drugs. The program helps to support, encourage and reinforce actions taken by individuals to reduce alcohol and other substance related harm. The program is flexible and is tailored to meet the needs of the individual, children, couples, families, groups, communities or organisations. Education and counselling for employees and members of their immediate families are also available. EASA psychologists and counsellors offering the program are professionally accredited, trained and experienced. Both male and female counsellors are available. - The Employee Assistance Program (EAP) provides a comprehensive range of confidential counselling and support services in work-related problems for employees and their immediate family members, paid for by employers. After-hours appointments are also available. Both male and female counsellors are available.
Epenarra (Wutunugurra) Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. After-hours telephone contact to an on-call nurse is available. The service particularly assists indigenous males.

Grow NT	<ul style="list-style-type: none"> - 12 step recovery program - Day to Day Living, drop in centre providing structured and socially based activities,(provided in partnership with Mental Health Association of Central Australia).
Haasts Bluff (Ikuntji) Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males. After-hours on-call service is available.
Harts Range Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Headspace Central Australia	<ul style="list-style-type: none"> - Community service for youth (12-25) who experience early signs of mental health/ drug and alcohol issues, offering social activities, support and training
Holyoake Alice Springs	<ul style="list-style-type: none"> - Offers separate groups for adult males and females wanting to make changes in their lives relating to their misuse of alcohol and/or other drugs. The Program is also suitable for people experiencing stress related to any life situation such as divorce or separation.
Imanpa Community Health Centre	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Laramba Community Health Clinic	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Lifeline	<ul style="list-style-type: none"> - Telephone helpline
Mensline Australia	<ul style="list-style-type: none"> - Telephone counselling, referral and call back support service.
Mental Health Association of Central Australia	<ul style="list-style-type: none"> - Prevention and Recovery program offering subacute care and allied services. - Life promotion program addressing suicide and self harm issues. - Pathways program promoting independent living and recovery based rehabilitation. - Day to Day Living program provides structured and socially based activities, (provided in partnership Grow NT). - Training, advocacy, counselling service and practical support - Men's Outings Group
Mt Liebig Health Clinic	<ul style="list-style-type: none"> - A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.

Ngaanyatjarra Health Services	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Nganampa Health	- Remote psychiatric services and practical support.
Northern Territory AIDS & Hepatitis Council (NTAHC) Aboriginal & Torres Strait Islander Project	- Provides support for gay, bisexual and transgender Aboriginal & Torres Strait Islander males, including referrals to other health care agencies. Outreach service includes the provision of safe-sex materials and sexual health information.
Ntaria Community Health Centre	A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males. After-hours on-call service is available.
Nyirripi Community Health Clinic	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Papunya Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
RecLink	- Recreational activities promoting participation and social growth.
Relationships Australia	- Offers relationship education courses and seminars. Professional training includes a graduate diploma in couple therapy. A men & family relationships course for fathers after separation is also available.
Salvation Army	- -Men's hostel supported accommodation.
SANE	- -Telephone helpline.
Somerville Community Services	- -Depression and anxiety counselling, support and advocacy services.
Tara Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Urapuntja Health Service	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Utju (Areyonga) Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Watarrka Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.

Wirliyatjarrayi Community Health Centre	- A men's health clinic, with referrals as necessary. The Clinic focuses on the early detection and treatment of chronic diseases. The service particularly assists indigenous males.
Yuendumu Community Council	- -Practical support services.

Men's Mental Health Education and Awareness

Men's Mental Health Education and Awareness Activities conducted in the Northern Territory in 2008

Following is a list of Health Education and Awareness Activities in the Northern Territory, these are grouped in regions and listed in alphabetical order, all of these services are available to men in some form and some are specifically tailored for men.

Darwin region

Organisation:	Activity conducted:
Alzheimer's Australia NT	- A Night to Remember dinner with guest speaker highlighting the implications of dementia. - Various community stalls throughout the year.
Danila Dilba Medical Service NT	- Men's Health Promotion - featuring local indigenous sporting identities in posters that promote the value of getting a men's health check. - Men's Health Camp – aims to develop hunter gatherer instincts plus a full health check while away at camp.
Department of Veterans' Affairs NT	- Men's Health Peer Education health and wellbeing display, with a strong focus on mental health, at the Fred's Pass Rural Show
Nganampa Health	- Young Anangu Fella's education package.
NT Mental Health Coalition	- Mental Health awareness stalls held regularly throughout the year at various locations around Darwin. - AOD and mental health cultural training for Aboriginal and Torres Strait islander families - Mental Health Week activities, many events and community awareness program culminating in a dinner with Jonathan Welch as guest speaker. - Mental Health community awareness activities throughout the year - Educational and awareness activities for men during schizophrenia week - Information forum at Charles Darwin University for students around stress and study
Top End Mental Health Consumer organisation	- Mental health week Recovery Breakfast.
Mental Health Carers NT	- Consumer/Carer dinner during Mental Health Week - Carer education program - Carer support program

Kakadu and Arnhem Land:

Organisation:	Activity conducted:
Borroloola healthy life style fun day	- Mental health week 2008 10 October (sponsored by the NT Mental Health Coalition)
Galiwinku health festival	- Mental Health Week October 2008 (sponsored by the NT Mental Health Coalition)
Yirrkala, Laynhapuy & EMHT	- Their Mental Health Week plans were interrupted by a passing of family and friend so plans were made for a later date (the coalition provided funding for this community also)

Katherine region:

Organisation:	Activity conducted:
Department of Veterans' Affairs NT	- Men's Health Peer Education health and wellbeing display, with a strong focus on mental health, at the Katherine Rural Show

Alice Springs, Uluru and Kata Tjuta region:

Organisation:	Activity conducted:
Central Australian Aboriginal Congress	- Men's Health Summit at Ross River.
Centre for Remote Health	- Monthly seminars to help raise awareness of Mental Health issues run in conjunction with Beyondblue.
NT Mental Health Coalition	- AOD and mental health cultural training for Aboriginal and Torres Strait islander families - Mental Health Week activities, many events and community awareness program culminating in a dinner with Jonathan Welch as guest speaker. - Mental Health community awareness activities throughout the year - Educational and awareness activities for men during schizophrenia week -
Mental Health Association of Central Australia	- Community Mental Health Forum with guest speaker Fay Jackson. - Mental Health First Aid Workshops - Docker River Suicide Awareness Training - World Suicide Prevention Day Event - Consumer Forum Dinners - Mental Health stall at the Alice Springs Show - Creating Environments that Support People in their Recovery Effort workshop with Helen Glover. - Mental Health Presentation given to Rotary Club Alice Springs. - Mental health Presentation given to Tangentyere Night patrol staff.

Men's Mental Health Education and Awareness Activities planned in the Northern Territory for 2009

Following is a list of known Mental Health Education and Awareness activities planned in the Northern Territory for 2009, grouped in regions and listed in alphabetical order, available to men or specifically for men.

Darwin region

Organisation:	Activity planned:
Headspace	- Mind your Mind, suicide prevention kit.
NT Mental Health Coalition	- Mental Health Awareness stalls held regularly at various locations around Darwin. - Mental Health Week, many events and community awareness program culminating in a dinner with guest speaker. - Mental Health week recovery day to be held on World - Many activities are still in the planning stages
Prostate Cancer Foundation of Australia	- Movember - an annual event to raise money and awareness of men's health specifically prostate cancer and male depression.

Kakadu and Arnhem Land:

Organisation:	Activity planned:
Various organisations	- Activities still in the planning stages

Katherine region:

Organisation:	Activity planned:
Various organisations	- Activities still in the planning stages

Tennant Creek region:

Organisation:	Activity planned:
Various organisations	- Activities still in the planning stages

Alice Springs, Uluru and Kata Tjuta region:

Organisation:	Activity planned:
Mental Health Association of Central Australia	<ul style="list-style-type: none"> - Suicide story, a localised training program to be trialled in remote communities. - Mental Health Week Activities - World Suicide Prevention Day event - Mental Health stall at Alice Springs Show - Mental Health First Aid Workshops
NT Mental Health Coalition	<ul style="list-style-type: none"> - Mental Health Week, many events and community awareness program culminating in a dinner with guest speaker. - Training and education programs that are still in the planning stages for various times during the year

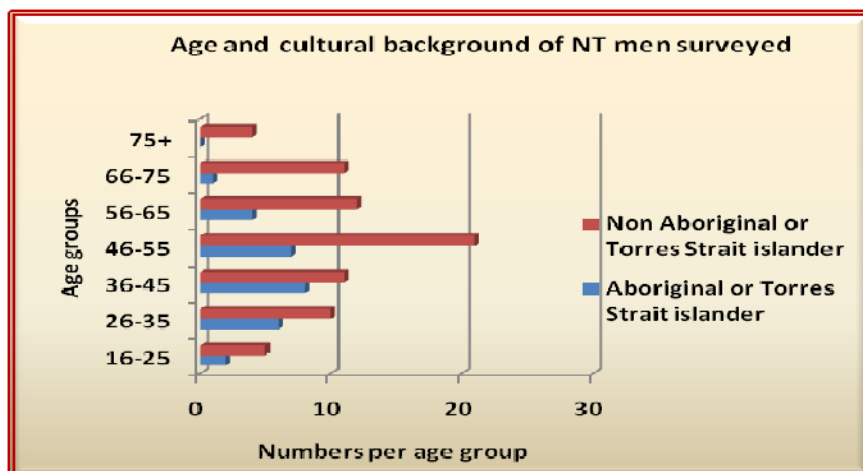
Attitudes of Northern Territorian men towards their own Mental Health and sense of Wellbeing

Following are the results from a quick tick survey that asked questions of 102 Northern Territorian men about their own mental health and sense of wellbeing.

*It is interesting to note that men who were approached in person and asked to complete the survey had a range of reactions from being very pleased to participate to admissions they were going through a mental health issue and did not feel up to participation.

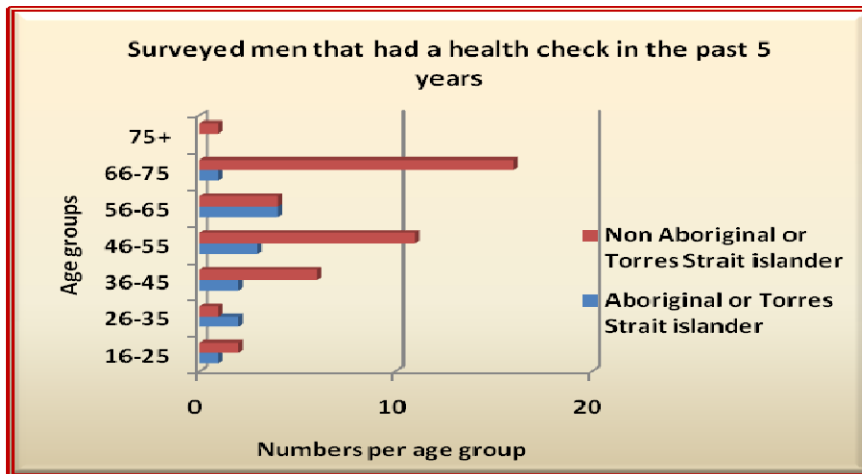
1. Age and cultural background of Northern Territorian men surveyed:

Age	Aboriginal or Torres Strait islander	Non Aboriginal or Torres Strait islander	Total Number of men surveyed
16-25	2	5	7
26-35	6	10	16
36-45	8	11	19
46-55	7	21	28
56-65	4	12	16
66-75	1	11	12
75+	0	4	4
Total	28	74	102



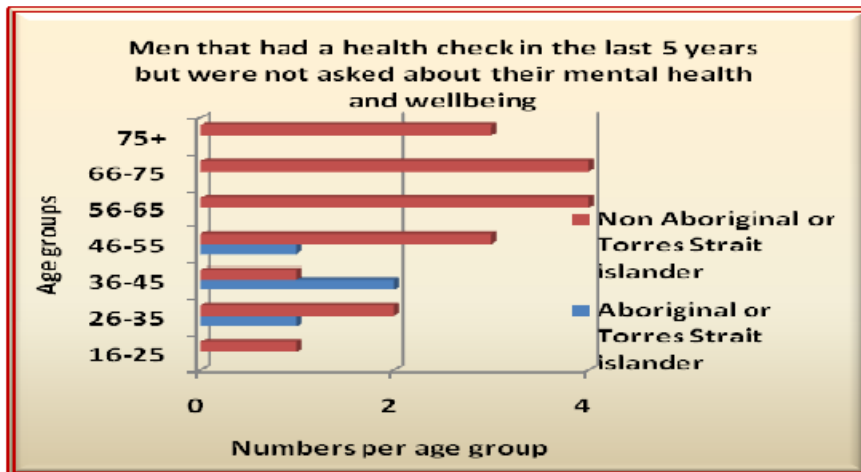
2. Northern Territorian men who have had a health check in the last 5 years that included a discussion about their mental health and wellbeing:

Age	Aboriginal or Torres Strait islander	Non Aboriginal or Torres Strait islander	Total Number of men surveyed
16-25	1	2	3
26-35	2	1	3
36-45	2	6	8
46-55	3	11	16
56-65	4	4	18
66-75	1	16	7
75+		1	1
Total	13	33	46



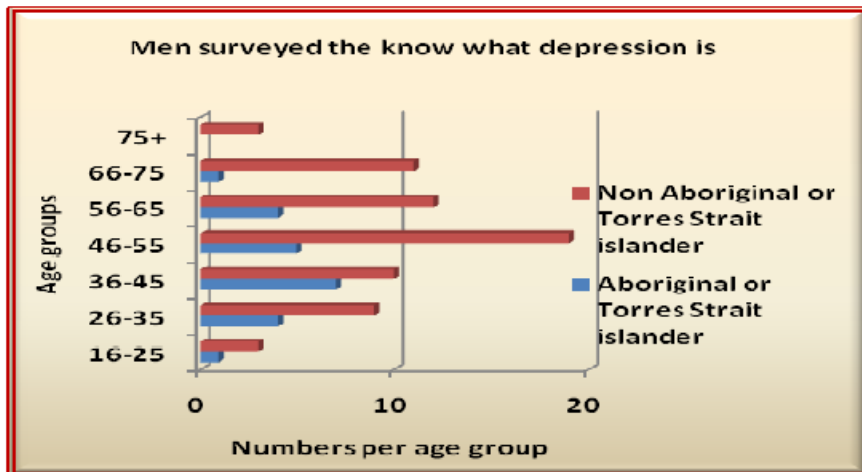
3. Northern Territorian men who have had a health check in the last 5 years that did not include a discussion about their mental health and wellbeing:

Age	Aboriginal or Torres Strait islander	Non Aboriginal or Torres Strait islander	Total Number of men surveyed
16-25		1	1
26-35	1	2	3
36-45	2	1	3
46-55	1	3	4
56-65		4	4
66-75		4	4
75+		3	3
Total	4	18	22



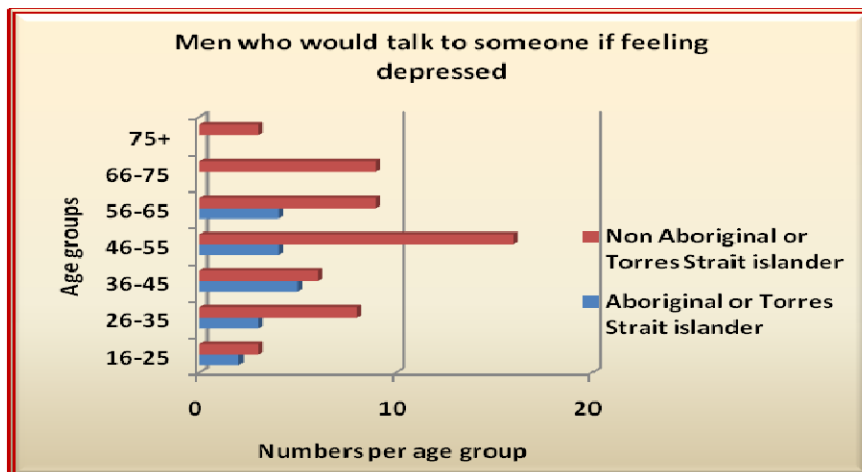
4. Northern Territorian men who know what depression is:

Age	Aboriginal or Torres Strait islander	Non Aboriginal or Torres Strait islander	Total men surveyed
16-25	1	3	4
26-35	4	9	13
36-45	7	10	17
46-55	5	19	24
56-65	4	12	16
66-75	1	11	12
75+		3	3
Total	22	67	89



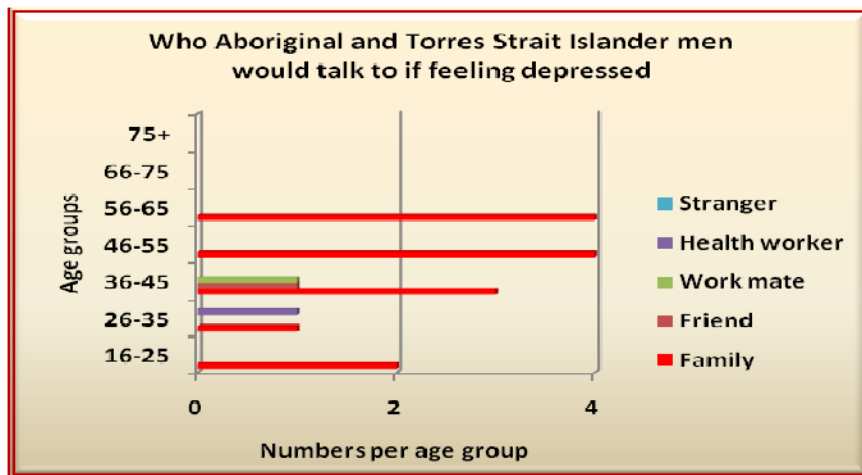
5. Northern Territorian men who would talk to someone if they felt depressed:

Age	Aboriginal or Torres Strait islander	Non Aboriginal or Torres Strait islander	Total Number of men surveyed
16-25	2	3	5
26-35	3	8	11
36-45	5	6	11
46-55	4	16	20
56-65	4	9	13
66-75		9	9
75+		3	3
Total	18	54	72



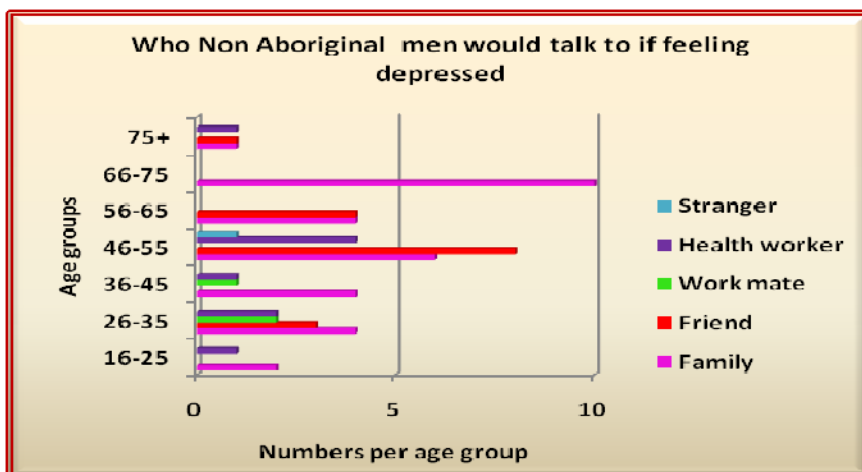
6. Who Northern Territorian men who identify as Aboriginal or Torres Strait islander would talk to if they felt depressed:

Age	Family	Friend	Work mate	Health worker	Stranger
16-25	2				
26-35	1			1	
36-45	3	1	1		
46-55	4				
56-65	4				
66-75					
75+					
Total	14	1	1	1	0



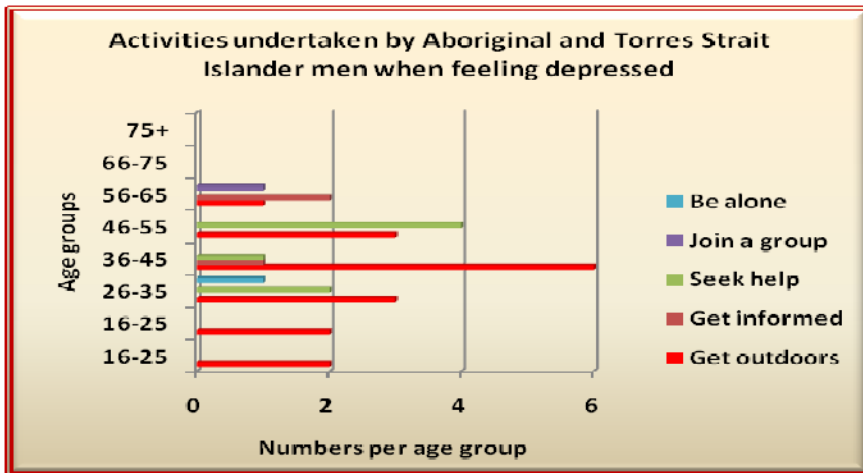
7. Who Northern Territorian men who do not identify as Aboriginal or Torres Strait men would talk to if they felt depressed:

Age	Family	Friend	Work mate	Health worker	Stranger
16-25	2			1	
26-35	4	3	2	2	
36-45	4		1	1	
46-55	6	8		4	1
56-65	4	4			
66-75	10				
75+	1	1		1	
Total	31	16	3	9	1



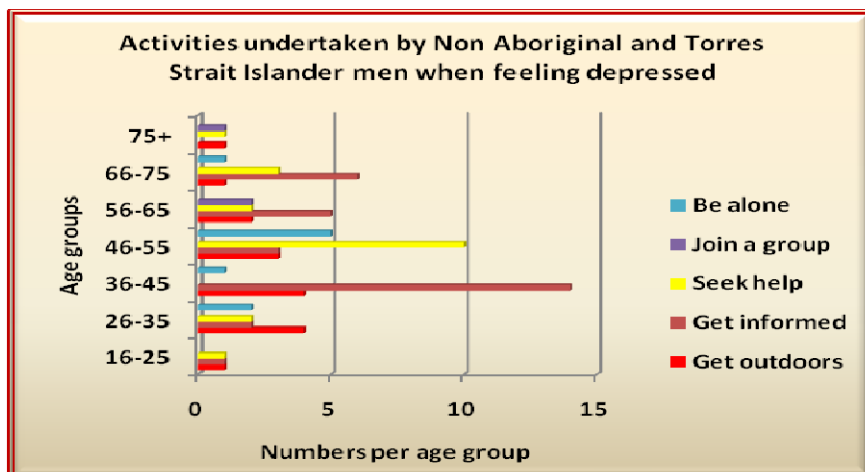
8. Activities Northern Territorian men who identify as Aboriginal or Torres Strait islander would do if they felt depressed:

Age	Get outdoors	Get informed	Seek help	Join a group	Be alone
16-25	2				
26-35	3		2		
36-45	5		2		
46-55		3		1	1
56-65	1	1	2		
66-75	1				
75+					
Total	12	4	6	1	1



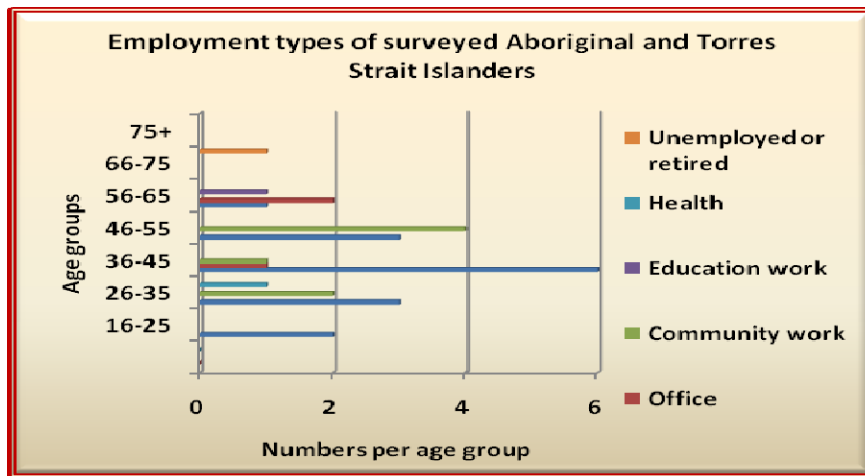
9. Activities Northern Territorian men who do not identify as Aboriginal or Torres Strait men would do if they felt depressed:

Age	Get outdoors	Get informed	Seek help	Join a group	Be alone
16-25	1	1	1		
26-35	4	2	2		2
36-45	4	14			1
46-55	3	3	10		5
56-65	2	5	2	2	
66-75	1	6	3		1
75+	1		1	1	
Total	16	31	193	1	9



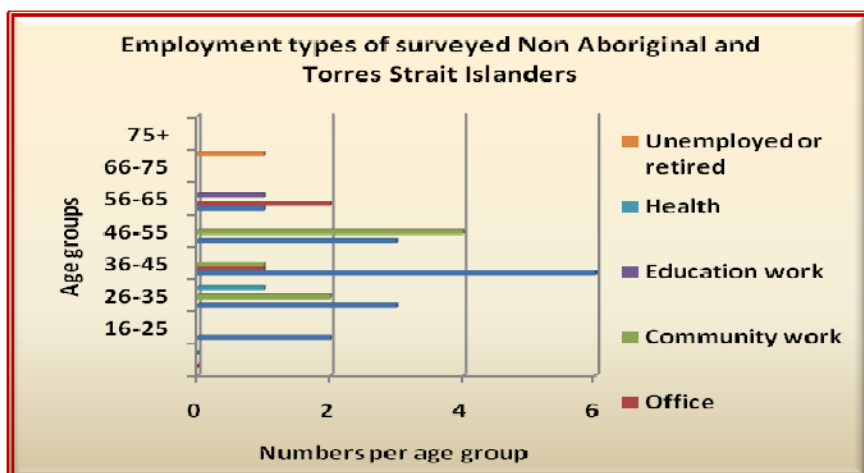
10. Types of work Northern Territorian men who identify as Aboriginal or Torres Strait islander do:

Age	Outside work	Office work	Community work	Education work	Health work	Unemployed or retired
16-25	2					
26-35	3		2		1	
36-45	6	1	1			
46-55	3		4			
56-65	1	2		1		
66-75						1
75+						
Total	13		7	1	1	1



11. Types of work Northern Territorian men who do not identify as Aboriginal or Torres Strait who do:

Age	Outside work	Office work	Community work	Education work	Health work	Unemployed or retired
16-25	4	1				
26-35	8	1			1	
36-45	5	4	1	1		
46-55	5	8	5	1	2	
56-65	1	5	2	3	1	
66-75	1	2	1			7
75+						4
Total	24	21	11	5	6	11





Attachment A

NT Men's Mental Health Quick Tick Survey

January 2009

What is your age?

0-15	16-25	26-35	36-45	46-55	56-65	66-75	75+

What job do you usually do?

Outside worker	Office worker	Community worker	Education worker	Health worker

Do you identify as Aboriginal or Torres Strait Islander?

Yes	No

Have you had a health check in the last 5 years?

Yes	No

Did your doctor or health worker talk about your mental health and wellbeing?

Yes	No

Do you know what depression is?

Yes	No

Would you talk to someone if you felt depressed?

Yes	No

Who would you talk to if you were feeling depressed?

Family	Friend	Work Mate	Health worker	Stranger

What would you do if you felt depressed?

Get outdoors	Get informed	Seek help	Join a group	Be alone