

## Health Resources - Websites for Men's Sheds

The following websites provide access to free resources including brochures, factsheets, videos for Shed health activities, Regional Gatherings or display

AMSA

The Spanner in the Works? Handbook Edition 2019

[https://mensshed.org/wp-content/uploads/2019/06/Spanner-in-the-Works\\_Booklet\\_WEB.pdf](https://mensshed.org/wp-content/uploads/2019/06/Spanner-in-the-Works_Booklet_WEB.pdf)



Information Sheets

<https://arthritisaustralia.com.au/get-support/resources/information-sheets/>

Booklets

<http://www.arthritisaustralia.com.au/index.php/arthritis-information/booklets.html>

Videos

<https://arthritisaustralia.com.au/get-support/resources/videos/>



<https://www.nationalasthma.org.au/>



<https://www.beyondblue.org.au/get-support/order-printed-information-resources>

Beyondblue do not have hard copies available to order however you are welcome to print resources yourself. If printing from an office printer then you can use the files from their website. If using a professional printing company, they are happy to provide you with the print-ready file – please email [distribution@beyondblue.org.au](mailto:distribution@beyondblue.org.au) with your request.



The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

<https://www.blackdoginstitute.org.au/about-us/publications-and-resources/fact-sheets>



<https://www.cancer.org.au/online-resources>

<http://www.cancer.org.au/online-resources/podcasts>

A wide range of free information resources-Resources are available for download or you can order free printed copies.

<https://www.continence.org.au/pages/resources.html>

## dementia australia™

Request an information kit <http://www.dementia.org.au/helpline/free-dementia-kit>  
<https://www.dementia.org.au/resources>  
<https://www.dementia.org.au/resources/help-sheets>  
<https://www.dementia.org.au/resources/videos>



Australian Government  
Department of Health

<http://www.health.gov.au/>  
<https://www.health.gov.au/health-topics>  
<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-publicat.htm>



Australian Government  
Department of Health

### *Head to Health*

Head to Health has more than 500 digital resources to support your wellbeing and mental health.

<https://www.headtohealth.gov.au/>



[https:// www.dva.gov.au/about-us/documents-and-publications](https://www.dva.gov.au/about-us/documents-and-publications)

Running a Cooking for One or Two Programme

<http://www.dva.gov.au/health-and-treatment/work-and-social-life-programs/work-and-social-support/run-cooking-one-or-two>



Australian Government  
Organ and Tissue Authority



<https://donatelife.gov.au/resources>



<https://haemochromatosis.org.au/>

## healthdirect

Healthdirect Australia was established, and is jointly funded by the Australian Federal Government and the governments of the ACT, NSW, NT, SA, Tasmania and WA-health topics A-Z, symptom checker, medicines, services search

<https://www.healthdirect.gov.au/>



<https://www.healthymale.org.au/resources-tools/order-resources>

All resources are available at no cost and postage is free within Australia.



<https://www.hearing.com.au/>

<https://www.hearing.com.au/Frequently-asked-questions>



To order publications, please call the Heart Foundation Helpline on 13 11 12.

<https://www.heartfoundation.org.au/publication>

They also have available for order from the online shop a wide range of brochures covering information about your heart, healthy eating and physical activity.

<https://shop.heartfoundation.org.au>



<https://kidney.org.au/resources>



Crisis Support. Suicide Prevention.

Lifeline has developed a range of free toolkits and factsheets to provide you with information and assistance.

<https://www.lifeline.org.au/resources/toolkit-downloads/>



Publications

[https://melanomapatients.org.au/resource\\_type/mpa-publications/](https://melanomapatients.org.au/resource_type/mpa-publications/)

Videos

[https://melanomapatients.org.au/resource\\_type/useful-videos/](https://melanomapatients.org.au/resource_type/useful-videos/)



Mental Health Australia is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector and committed to achieving better mental health for all Australians.

<https://mhaustralia.org/>



The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home-videos, publications

<https://www.health.gov.au/initiatives-and-programs/national-bowel-cancer-screening-program>



Resources- <https://www.ruok.org.au/every-day-resources>

Merchandise- <https://store.ruok.org.au/>

<https://www.ruok.org.au/community>

<https://www.ruok.org.au/strongertogether#kit>



Factsheets, Material Safety Data Sheets

[www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au)

<https://www.safeworkaustralia.gov.au/resources-publications/fact-sheets>

<https://www.safeworkaustralia.gov.au/doc/understanding-safety-data-sheets-hazardous-chemicals>



SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia.

<https://www.sane.org/>

Phone: 1800 187 263



<http://malehealth.org.au/>



Training

<https://stjohn.org.au/first-aid-training>

First Aid Products

<https://stjohn.org.au/first-aid-products/>

Factsheets-Free download and print

<https://stjohn.org.au/first-aid-facts>



<https://strokefoundation.org.au/>

<https://strokefoundation.org.au/About-Stroke>



Blindness. Low Vision. Opportunity.

<https://www.visionaustralia.org/>

<https://www.visionaustralia.org/information/eye-conditions>