



together TOWNSVILLE

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Support for Men

THERAPY & PEER SUPPORT GROUPS

Townsville Men's Circle (Mankind Project) P: 0417 595 022
W: <https://mkpqld.org.au/mens-groups/>
149 Boundary St, South Townsville Tuesdays 6.15pm
Peer-facilitated men's circle for personal growth, connection, and ex-ploring personal issues.

Headspace P: 4773 1799
W: www.headspace.org.au/services/
2-14 Sporting Drive, Thuringowa Central
Youth Mental Health service offering free information and support young people aged 12 - 25 and people supporting young people.

Townsville Medicare Mental Health Centre P: 4766 8444
E: MedicareMHC.Townsville@neaminational.org.au
32 Walker St, Townsville 10am-8.30pm Mon-Fri; 12-8.30pm Sat, Sun
Offering a short-term support service for men aged 18 and over in dis-tress or crisis, including suicide and self harm.

MenTer P: 4721 2888
W: www.nqdvrs.org.au 8.30am - 4.30pm Mon - Fri
263 Ingham Road, Townsville
Participants gain information and tools to challenge and change the values, beliefs and behaviours that are the foundation for their use of violence.

HEALTH SUPPORTS

Townsville Prostate Cancer Support Group P: 0459 908 033
W: www.pcfa.org.au/
Support for men diagnosed with prostate cancer and their partners through discussions and resources.

Alcohol, Tobacco & Other Drug Services P: 4433 9600 (Option 1)
35 - 43 Gregory St, North Ward 8am - 4.30pm Mon - Fri
Free confidential and non-judgemental Outpatients Service for people with drug and alcohol problems. Call ADIS for 24/7 alcohol, drug infor-mation and support : 1800 177 833.

Verve Men's Clinic P: 4463 8119
W: <https://vervemensclinic.com>
68 Denham St, Townsville
Townsville's only dedicated men's health facility. Fees apply

GAY, BI, TRANSGENDER & QUEER SUPPORTS

Gayawur Rainbow P: 1800 429 298
W: www.qc.org.au/gayawur
Services supporting the wellbeing of LGBTQIA+SB communities.

For more information & services for this community, please ask us about our LGBTQIA+SB Flyer

Mates4Mates P: 4771 9600
E: townsville@mates4mates.org
40 Anne St, Aitkenvale
Community of like-minded current and ex-serving Defence Force members who have been impacted by service, and their families.

Men's Healing P: 0467 032 546
E: wombagurri@gmail.com
Facilitated by local community men with lived experience, historical and cultural ties to the community. Creating a safe space to take responsibility, agency and action to move forward proactively.

Mentoring Men P: 1300 583 925
W: www.mentoringmen.org.au 10am - 4pm Mon - Fri
Provides free long-term one-to-one life mentoring for adult men who are going through some challenges or changes in their life.

SANE P: 1800 187 263
W: www.sane.org.au
Sane offers a range of free digital and telehealth support services for people over 18 years of age with complex mental health needs, and also for their family, friends and carers who support them.

Men's Reintegration Service (MRS) P: 1800 524 200
E: info@acso.org.au
W: www.acso.org.au

Helps individuals prepare for life after prison. Planning & preparation for release, and post-release service up to six month after release.

MEN'S SHEDS

Men's Sheds provide a safe and welcoming space for men to connect, socialize, and pursue hobbies and activities. These sheds are not just about woodworking or other traditional "shed" activities; they offer a wide range of opportunities for men to learn new skills, share experiences, and improve their overall health and well-being.

Townsville Men's Shed Inc P: 4772 4422
W: townsvillemensshed.com
1 Charters Towers Rd, Townsville 8am - 12:30pm Mon- Fri

Magnetic Island Men's Shed P: 0403 574 500
E: magneticislandmensshed@gmail.com
20 Hurst St, Picnic Bay, Magnetic Island, QLD

Men's Shed (Upper Ross) P: 0423 827 623
E: upperrossmensshed@outlook.com
43 Allambie Lane, Rasmussen

Rollingstone & District Men's Shed P: 0400 988 118
E: rollymensshed@outlook.com
Community Avenue, Balgal Beach

SOCIAL GROUPS & CLUBS

Clubhouse, Inspire - Townsville (Men's Group) P: 1800 133 123
W: www.selectability.com.au/group-support/clubhouses/
159 Kings Rd, Pimlico 1 - 3pm Wednesdays
To assist all men to live longer, happier & more fulfilling lives; by promoting preventative strategies, information, practical tips & life skills that enhance physical, mental & social wellbeing.

Blokes Choir P: 0417 006 425
E: blokeschoir@gmail.com
W: www.blokeschoir.au

Original and cover songs in acapella style about life through a men's lens that hold meaning for us including classical folk, shanties, chants and contemporary arrangements. Primarily for fun, camaraderie, challenge, and well-being.

Tough Guy Book Club
E: info@toughguybookclub.com
W: www.toughguybookclub.com/townsville_qld
A group about reading books, hitting the pub with the goons, and rowdy conversations. The club is about putting real decent conversations back in the pub.

Townsville Gents Dining Group
W: www.meetup.com/townsville-gents-dining-group/
To serve up a safe, welcoming environment where men can connect, support each other, and share stories over some of Townsville's best cuisine. Whether you're in for the networking, the mateship, or just the dessert menu, there's a seat for you at the table.

Headspace Men's Group P: 4799 1799
E: headspace.townsville@stride.com
2 - 14 Sporting Drive, Riverway
Activity based social group for young men to make new friends, have fun, and try new things.

FAMILY & PARENTING SUPPORT

Relationships Australia P: 1300 364 277
W: www.raq.org.au 8.30am - 5pm Mon - Fri
745 Riverway Dr, Thuringowa Central
Supports healthy relationships and wellbeing. Inclusive service regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background, or economic circumstances.

Yumba-Meta Ltd P: 4723 5611
W: <https://yumba-meta.com.au>
202 Ross River Rd Aitkenvale
Townsville Family Violence Support Service is a domestic and family violence support service assisting Aboriginal and Torres Strait Islander people experiencing and/or using violence.

Fathering Adventures P: 0431 839 035
W: <https://fatheringadventures.com.au>
E: info@fatheringadventures.com.au
Our guided Father Son and Father Daughter Camps / Getaways / Trips / Experiences help you have healthier relationships, stronger bonds, a deeper understanding of one another, new direction, and more. Fees apply.

Family Drug Support P: 1300 368 186
W: www.fds.org.au
Free 24/7 service for families and friends of people who use substances as well as bereaved families. Support is available via telephone, support groups, education programs, counselling and bereavement services.

Support for Fathers
W: www.supportforfathers.com.au
Provides dads and father-figures with options and information about fatherhood, the relationship with their partner and connecting with their kids. The website also has resources and a professional toolkit.

DadSpace
W: www.dadspace.com.au
Mental, emotional and practical support for expectant and new dads.

PHONE SUPPORTS

MensLine 24/7 P: 1300 789 978
W: www.mensline.org.au
Offers free online, 24/7 video and phone counselling. Resources on website for relationships, fathers, mental health, and family violence.

DVConnect Mensline P: 1800 600 636
W: www.dvconnect.org/mensline
Free, confidential telephone counselling, referral, information and support for men experiencing or using domestic /family violence.

Brother to Brother P: 1800 435 799
W: www.dardimunwurro.com.au
This line is staffed 24/7 by Aboriginal men, including elders to promote a culturally-safe service.

Men's Referral Service P: 1300 766 491
W: www.ntv.org.au
Free anonymous and confidential 24/7 telephone counselling, information and referral for men who use violence and abuse.

24 hour Alcohol and Drug Information P: 1800 177 833
W: www.adis.health.qld.gov.au
Free and confidential service

Gambling Helpline P: 1800 858 858
W: www.gamblinghelpline.org.au
Offers free and confidential counselling and crisis support (24 hours, 7 days). Referrals to closest Gambling Help service for face-to-face counselling.

Parent Line P: 1300 301 300
W: www.parentline.com.au
Free counselling + support for parents & carers in Qld & NT.

Family Relationships Advice Line P: 1800 050 321
W: www.familyrelationships.gov.au
Helps families affected by relationship or separation issues, including parenting issues after separation.

Parents Beyond Breakup P: 1300 853 437
W: www.parentsbeyondbreakup.com
Open 7 days, supporting parents experiencing trauma related to family breakdown and separation from their former partner and/or from their children.

CARER SUPPORTS

Wellways (Carer Gateway) P: 1300 111 400
W: www.wellways.org
86 Thuringowa Dr, Thuringowa
Supports carers with their own wellbeing to ensure they are in the best place to care for and support their loved one.

Young Carer Network
W: www.youngcarersnetwork.com.au
Supports people up to 25 years old who provide unpaid care and support to family members or friends who have a disability, mental illness, chronic condition, an alcohol or other drug issue or who are frail aged.



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