



Men's Services

Australian Men's Shed Association

Website: <https://mensshed.org>

Email: amsa@mensshed.net

Phone: 1300 550 009

Men's Sheds are located in a range of locations and each one runs activities specific to that Shed. Examples of activities run by Sheds are, making furniture, restoring and fixing machines, learning new skills, making traditional weapons, learning to cook, and learning how to contact families via computers.

Men's Sheds are open to all, though some specific Sheds may have membership restricted to Aboriginal or Torres Strait Islanders for cultural purposes or may also be restricted to residents of private facilities such as Aged Care and Residential Care facilities.

Men's Sheds in the general area of the 2500 postcode are:

- George Cross Falcons Club (Cringila)
- Corrimal Community Men's Shed
- Port Kembla Men's Shed
- Bulli Woonona Men's Shed
- Other locations and the relevant contact details are listed on the website

MensLine Australia

Website: <https://mensline.org.au/>

Phone Counselling Number: 1300 78 99 78

Once registered with MensLine Australia, services include:

- Phone counselling
- Online chat counselling is a free 24/7 services that provides real time online chat with a professional counsellor and a focussed session lasting up to 30 minutes
- Video chat counselling is a free 24/7 service that provides, real time face to face support with a professional counsellor using Skype and a session lasting for up to 30 minutes
- The website also provides information about relationships, parenting concerns, mental health, loss and grief, and wellbeing, etc.