



We recognise that rural men's health outcomes are poorer than those of rural women and urban men and women for a number of reasons. That is why we have worked with the Australian Institute of Male Health and Studies who deliver the [Menswatch program](#) and the [Freemason's Foundation Centre for Men's Health](#) to develop [films alerting men to health issues](#) they need to address early. These films were funded by SA Health as part of the "Healthy Workers-Healthy Futures" program. We recognise the excellent work of the [National Centre for Farmer Health](#) which is innovatively addressing the stigma surrounding suicide with the [Ripple Effect program](#). Finally, we admire the innovative work of [New Zealand's FarmStrong program](#) which has many tips regarding how to stay healthy on the farm. We are currently promoting the work of [ifarmwell](#), who are trialling a new on-line toolkit to help farmers to cope with the challenges of farming.

Physical Activity

Physical activity has gradually been minimised in many farming activities, with impacts upon health and wellbeing. Many people do not meet the target of 2.5-5 hours/week of moderate intensity exercise or 75-150 minutes/week of vigorous activity.

Nutrition

If you are looking for guidance regarding healthy eating and activity, the ["Get Healthy"](#) information and coaching service provides a free phone coaching service at a time that suits you. Call 1300 806 258.

Need help with ideas for lunches/lunchboxes ?

The National Centre for Farmer Health has some fantastic [lunchbox ideas](#) to get you eating better.

Wellbeing

The workplace can impact upon our wellbeing which in turn often impacts on our weight. Employers can help by ensuring that stress is being effectively managed amongst employees and family members and that employees behave appropriately to maximise productivity and wellbeing. It can be helpful for farmers to talk with staff and their family regarding their wellbeing and refer to health professionals and services.

Return to Work SA have a Consultant to **support businesses** to create a [Mentally Healthy Workplace](#). Her name is [Mardi Webber](#). She assists businesses with addressing mental health and wellbeing issues amongst their employees/business, including reducing stigma, supporting those with a mental illness in the workplace, reducing risks for poor mental health and assisting the return to work for those who have experienced mental health issues. She is able to advise regarding areas to focus upon in your business and assist with developing an Action Plan. Her work is based upon the Beyond Blue Workplace Health program ["Heads Up"](#).

For **individuals** who need some support, the

- [Regional Access](#) is a free telephone and online counselling service for people who are feeling the pressures and stresses of everyday life.

The Regional Access counselling service is available for anyone who lives or works in regional, rural or remote South Australia (i.e. outside of the Adelaide metropolitan region).

Professionally trained counsellors will listen and help you to develop strategies to manage what is causing you to feel stressed or overwhelmed. We can help with:

- Anxiety
- Stress
- Short-term depression
- Anger management
- Relationship and family problems
- Work stress
- Financial worries
- Wellbeing
- Low self-esteem
- Hopelessness
- Isolation and loneliness
- Grief and loss.

You can call 24 hours a day, seven days a week. You don't need a referral, so you can make the call at a time that suits you. The counselling service is free (local call charges may apply).

Other resources may be found at [Safework SA](#).