

# Where to go for help Information Sheet

## For "My Sexual Health Matters"

This information is constantly being updated. If any information is incorrect or if you would like to add details of your service, please contact MHCC [info@mhcc.org.au](mailto:info@mhcc.org.au)

### Sexual health clinics

Family Planning Association Health  
Contraceptive advice, pap smears, breast checks,  
menstrual problems, HIV & STI testing, pregnancy,  
menopause and other sexual health issues  
328-336 Liverpool Rd Ashfield  
02-9716 6099 FPA Healthline: 1300 658 886

[www.fpahealth.org.au](http://www.fpahealth.org.au)

### Sydney Sexual Health Centre

Advice, support and treatment to maintain sexual  
health; testing, treatment and information for people  
living with HIV/AIDS; safe sex information  
Level 3 Nightingale Building, Sydney Hospital,  
Macquarie St, Sydney  
02-9382 7442 [sshc@sesiahs.health.nsw.gov.au](mailto:sshc@sesiahs.health.nsw.gov.au)  
[www.sesiahs.health.nsw.gov.au/sydhosp/services/sshc.asp](http://www.sesiahs.health.nsw.gov.au/sydhosp/services/sshc.asp)

Sydney Sexual Health Centre Youth Clinic  
(under 23) The Junction, Tiffany Plaza, 422 Oxford St  
Bondi Junction  
02-9388 9455 [satellite@sesiahs.health.nsw.gov.au](mailto:satellite@sesiahs.health.nsw.gov.au)

### Australian Centre for Sexual Health

Treatment for sexual dysfunction, impotence, frigidity  
and compulsive sexual disorders; relationship, marital  
and family counselling; sexual education; psychological  
and psychosocial assessment  
Berry Road Medical Centre, Suite 2-4, 1a Berry Rd St  
Leonards  
02-9437 3906 [www.acsh.com.au](http://www.acsh.com.au)

### Sexual Assault

Sexual Assault Services website including phone  
numbers for each regional Sexual Assault Service  
[www.lawlink.nsw.gov.au/lawlink/victimsservices/sexualassault.nsf/pages/sexual\\_assault\\_contactus#NSW](http://www.lawlink.nsw.gov.au/lawlink/victimsservices/sexualassault.nsf/pages/sexual_assault_contactus#NSW)

NSW Rape Crisis Centre Inc  
24-hr telephone counselling service for anyone  
affected by sexual violence  
02-9819 6565 1800 424 017  
[info@rapecrisis.com.au](mailto:info@rapecrisis.com.au) [www.rapecrisis.com.au](http://www.rapecrisis.com.au)

Police  
Call 000 in emergency or 131 444

### Support and information services

Lifeline 131 114  
Salvo Crisis Line 02-8736 3295  
Suicide Prevention 1300 360 980  
SANE Helpline 1800 187 263  
Sexual Health Info Line 1800 451 624

ACON Sydney 9 Commonwealth St, Sydney  
02 9206 2000 1800 063 060  
[acon@acon.org.au](mailto:acon@acon.org.au) [www.acon.org.au](http://www.acon.org.au)

ACON Hunter/Mid-North Coast 129 Maitland Rd,  
Islington  
02-4927 6808 [hunter@acon.org.au](mailto:hunter@acon.org.au)

ACON Northern Rivers 27 Uralba St, Lismore  
02-6622 1555 [northernrivers@acon.org.au](mailto:northernrivers@acon.org.au)

ACON Illawarra 47 Kenny St, Wollongong  
02-4226 1163 [illawarra@acon.org.au](mailto:illawarra@acon.org.au)

Adults Surviving Child Abuse 16-18 Fitzroy St Kirribilli  
1300 657 380 02-8920 3611 [www.asca.org.au](http://www.asca.org.au)

Ankali, a service that provides emotional and social  
support to people with HIV. 02-9332 9742

(NSW) Anti-Discrimination Board  
02-9268 5544 (Sydney) 1800 670 812 (outside  
Sydney) [www.lawlink.nsw.gov.au/adb](http://www.lawlink.nsw.gov.au/adb)

Anxiety Disorder Clinic 02-9332 1188

Beyond Blue 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)

Black Dog Institute 02-9382 4530

Bobby Goldsmith Foundation: helps people living with  
HIV by providing practical, emotional and financial  
support. 9283 8666 or toll free 1800 651 011

Family Planning NSW: Advice and supply of  
contraception, pregnancy tests and counselling, pap  
test, breast checks and tests and treatment for sexually  
transmissible infections (STIs)  
1300 658 886 [www.fpnsw.org.au](http://www.fpnsw.org.au)

Gay & Lesbian Counselling Service: for gay men, lesbians, bisexual and transgender persons on sexuality and life issues  
02-8594 9596 1800 184 527  
[www.glcsw.org.au](http://www.glcsw.org.au)

Gender Centre: Offers a wide range of services to people with gender issues, their partners, families and friends  
75 Morgan St Petersham  
02-9569 2366 [gendercentre@bigpond.com](mailto:gendercentre@bigpond.com)  
[www.gendercentre.org.au](http://www.gendercentre.org.au)

Headspace (youth) [www.headspace.org.au](http://www.headspace.org.au)

Kids Helpline (5 to 18 year olds) 1800 551 800

Mental Health Association NSW Inc (Mental Health Information Service)  
Telephone & email helpline; fact sheets & information packs 1300 794 991 [info@mentalhealth.asn.au](mailto:info@mentalhealth.asn.au)

PEP (post exposure prophylaxis for HIV)  
Hotline 1800 737 669

Positive Central 02-9395 0444

Positive Life 02-9361 6011

Positive Living Centre (for people with HIV)  
703 Bourke St, Surry Hills 02-9699 8756  
[plc@acon.org.au](mailto:plc@acon.org.au)

PozHets (Positive Heterosexuals)  
02-9515 3095 1800 812 404

Relationships Australia: Relationship support services and products on post separation, individual, couple and family counselling, mediation, relationship skills courses and online counselling  
1800 817 569 [www.relationshipshelponline.com.au](http://www.relationshipshelponline.com.au)

Salvo Care Line 02-8736 3292 1300 363 622  
Salvo Youth Line 02-8736 3293

Service Assisting Male Survivors of Sexual Assault (SAMSSA) 02-6262 7377

Sex Workers Outreach Project (SWOP)  
02-9319 4866 (in Sydney/interstate)  
1800 622 902 (outside Sydney in NSW)

Twenty10: supports and works with young people of diverse genders and sexualities  
02-8594 9555 or 1800 65 2010

Women's Health Centres  
[www.whnsw.asn.au/centres.htm](http://www.whnsw.asn.au/centres.htm)

Youth Health Services [www.naah.org.au/youth.cfm](http://www.naah.org.au/youth.cfm)

### **Aboriginal Sexual Health Workers**

Aboriginal sexual health workers provide a liaison role between Aboriginal and Torres Strait Islander communities and health services around sexual health related issues. Workers are based in both the public and community controlled health sectors within all areas of NSW. If there is not a worker listed in your area, phone the worker nearest to where you live, as they may visit your area or they may be able to provide you with useful contacts for your local area.

Albury (02) 6058 1840 or 1800 882 213

Armidale (02) 6776 9763

Bourke (02) 6872 3088

Campbelltown (02) 4628 4837

Camperdown (02) 9515 5292

Coffs Harbour (02) 6656 7843

Dareton (03) 5027 4824

Dubbo (02) 6841 2482

Gosford (02) 4320 3721

Goulburn (02) 4828 1833

Grafton (02) 6643 2199

Kempsey (02) 6562 4919

Kings Cross (02) 9360 2766

Lismore (02) 6620 2980

Liverpool (02) 9828 6032

Moree (02) 6752 1099

Mt Druitt (02) 9832 1356

Narooma (02) 4476 2155

Newcastle (02) 4969 2424

Nowra (02) 4428 6666

Orange (02) 6392 8600

Penrith (02) 4734 3855

Redfern (02) 9319 5823

Sydney (02) 9382 7638

Tamworth (02) 6766 2226

Taree (02) 6552 2154

Tweed Heads (07) 5506 6855

Walgett (02) 6828 1798

Wellington (02) 6845 3545

Wollongong (02) 4229 9495

### **Culture and Language Specific**

Multicultural HIV/AIDS and Hepatitis C Service  
[www.multiculturalhivhepc.net.au](http://www.multiculturalhivhepc.net.au)

Multicultural Mental Health Australia  
02-9840 3333 [www.mmha.org.au](http://www.mmha.org.au)