

Fact Sheet

Where to go for help or advice



Family Planning organisations

Family Planning NSW

Family Planning NSW is the state's leading provider of reproductive and sexual health services. We are experts on contraception, pregnancy options, STIs, sexuality and sexual function, menstruation, menopause, common gynaecological and vaginal problems, cervical screening, breast awareness and men's sexual health.

To visit a Family Planning NSW clinic you must ring for an appointment first.

Family Planning NSW Ashfield

328-336 Liverpool Road
Ashfield NSW 2131
Phone: 02 8752 4300

Family Planning NSW Fairfield

Units 45 & 46
24-26 Nelson Street
Fairfield NSW 2165
Phone: 02 9754 1322

Family Planning NSW Penrith

13 Reserve Street
Penrith NSW 2750
Phone: 02 4749 0500

Family Planning NSW Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: 02 4929 4485

Family Planning NSW Dubbo

2B/155 Macquarie Street
Dubbo NSW 2830
Phone: 02 6885 1544

Family Planning NSW Talkline is a confidential telephone service staffed by experts in reproductive and sexual health. Family Planning NSW Talkline is open 8.30am to 5pm weekdays for information and referral advice.

Phone: 1300 658 886 | Website: www.fpnsw.org.au/talkline

Family Planning organisations in other states and territories

Australian Capital Territory

Sexual Health and Family Planning ACT

Phone: 02 6247 3077

Website: www.shfpact.org.au

Northern Territory

Family Planning Welfare Association of NT Inc

Phone: 08 8948 0144

Website: www.fpwnt.com.au

Queensland

Family Planning Queensland

Phone: 07 3250 0240

Website: www.fpq.com.au

South Australia

SHine SA

Phone: 08 8300 5300

Website: www.shinesa.org.au

Tasmania

Family Planning Tasmania

Phone: 03 6273 9117

Website: www.fpt.asn.au

Victoria

Family Planning Victoria

Phone: 03 9257 0121

Website: www.fpv.org.au

Western Australia

FPWA Sexual Health Services

Phone: 08 9227 6177

Website: www.fpwa.org.au

Sexual Health Services in NSW

Sexual health clinics have been set up across NSW to provide a free and confidential service. The clinics offer testing and treatment of STIs. They can also talk about other sexual health concerns and vaccination for hepatitis A and hepatitis B for people at high risk. A Medicare card is not needed to visit a sexual health clinic.

NSW Sexual Health InfoLine

Phone: 1800 451 624

Website: www.health.nsw.gov.au/publichealth/sexualhealth/services.asp

Sexual Assault Services in NSW

NSW Rape Crisis Centre provides the 24 hour telephone and online crisis counselling service for anyone in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters. Counselling services for women who were sexually assaulted in childhood are also available from Women's Health Centres across NSW. The NSW Rape Crisis Centre website also lists the NSW Health Sexual Assault Services across NSW.

NSW Rape Crisis Centre

Phone: 1800 424 017

Website: www.nswrapecrisis.com.au

Women's Health Services

Women's Health NSW

The Women's Health NSW website lists the Women's Health Centres across NSW. Information about Women's Health Centres can also be found by contacting Family Planning NSW Talkline 1300 658 886.

Phone: 02 9560 0866

Website: www.whnsw.asn.au/centres.htm

BreastScreen Australia

BreastScreen Australia is the national breast cancer screening program. It provides free screening mammograms at two-yearly intervals for women aged 50-69 with the aim of reducing deaths from breast cancer in this target group, through early detection of the disease.

Phone: 13 20 50

Website: www.cancerscreening.gov.au

NSW Pap Test Register

The NSW Pap Test Register is a central and confidential record of NSW women's cervical tests. The register acts as a safety net to remind women and their health practitioner when a cervical test is overdue. The Cancer Institute NSW can ensure that women who return an abnormal test result receive the necessary follow-up care.

Information line: 1800 671 693

Website: www.cancerinstitute.org.au

Pregnancy counselling and abortion

Pregnancy, Birth and Baby Helpline

The Pregnancy, Birth and Baby Helpline offers free and confidential information and counselling to women, their partners, friends and relatives. It is a phone and online service for all Australians, providing information, advice and counselling about pregnancy, childbirth and your baby's first year.

Free Helpline: 1800 882 436

Children by Choice

Website: www.childrenbychoice.org.au

Healthy Start

Website: www.healthystart.net.au

For more information contact Family Planning NSW Talkline 1300 658 886

Disability advocacy and other support services

People with Disability Australia Incorporated (PWDA)

PWDA is a national peak disability rights and advocacy organisation. PWDA offers a range of services including free individual and group advocacy support, systemic advocacy, international development, information services and training and education.

Phone: 02 9370 3100

Toll Free: 1800 422 015

Website: www.pwd.org.au

Multicultural Disability Advocacy Association (MDAA) of NSW Incorporated

MDAA Inc. provides a range of advocacy services and projects for people from non-English speaking backgrounds with disability, their families/carers, and service providers in NSW.

Phone: 02 9891 6400

Toll Free 1800 629 072

Website: www.mdaa.org.au

The Guardianship Tribunal

The Guardianship Tribunal is a legal tribunal that conducts hearings throughout NSW. Its purpose is to facilitate decision making for people with disabilities who lack the capacity to make certain decisions themselves. The Guardianship Tribunal appoints guardians and financial managers, and consents to medical and dental treatment. The Tribunal may make a range of other orders as well.

Phone: 02 9556 7600

Toll free: 1800 463 928

Website: www.gt.nsw.gov.au

Intellectual Disability Rights Service (IDRS)

The IDRS is a specialist legal advocacy service for people with intellectual disability in NSW. IDRS work with and for people with intellectual disability to exercise and advance their rights.

Phone: 02 9318 0144

Toll free: 1800 666 611

Website: www.idrs.org.au

Indigenous Disability Advocacy Service (IDAS)

IDAS is funded to service Indigenous persons with disability in Western Sydney and regional centres in areas of high need in NSW.

Phone: 02 4722 3524

Website: www.idas.org.au

Touching Base

Touching Base is a community organisation that facilitates the links between people with disability, their support organisations and the sex industry in NSW. They provide a sex worker referral service for people with disability as well as education programs for disability service providers and sex workers.

Email: info@touchingbase.org

Website: www.touchingbase.org

Lesbian, gay, bisexual and transgender support services in NSW

Twenty10

Twenty10 is a community based organisation that supports young people of diverse genders, sexes and sexualities, their families and friends. Twenty10 provides free and confidential services such as support groups across NSW.

Phone: 02 8594 9555

Website: www.twenty10.org.au

ACON

ACON is NSW's and Australia's largest community-based gay, lesbian, bisexual and transgender (GLBT) health and HIV/AIDS organisation. ACON's mission is to improve the health and wellbeing of the GLBT community and people with HIV, and reduce HIV transmission.

Phone: 02 9206 2000

Freecall: 1800 063 060

Website: www.acon.org.au

Gay and Lesbian Counselling Service of NSW (GLCS)

GLCS is a volunteer based community service providing free, anonymous and confidential telephone counselling, information and referral services and support groups for gay men, lesbians, bisexual and transgender persons and people in related communities throughout NSW on sexuality and life issues.

Lesbian line:

Phone: 02 8594 9596 or 1800 184 527

Evening support line (all ages):

Phone: 02 8594 9595 or 1800 144 527

The Gender Centre

The Gender Centre provides services and activities which enhance the ability of people with gender issues to make informed choices. They offer a wide range of services to people with gender issues, their partners, family members and friends in NSW.

Phone: (02) 9569 2366

Toll free: 1800 069 115

Website: www.gendercentre.org.au

HIV support services in NSW

ACON

See above

Positive Life NSW

Positive Life NSW works to promote a positive image of people living with and affected by HIV with the aim of eliminating prejudice, isolation, stigmatisation and discrimination. They provide information and targeted referrals, and advocate to change systems and practices that discriminate against people with HIV, their friends, family and carers in NSW.

Phone: 02 9206 2177

Freecall: 1800 245 677

Website: www.positivelife.org.au

Multicultural HIV and Hepatitis Service (MHAHS)

The MHAHS works to respond to HIV, hepatitis B and hepatitis C among culturally and linguistically diverse (CALD) communities in NSW. The service specifically targets more than 20 language groups, but is also available to other individuals and communities from CALD backgrounds seeking assistance.

Phone: 02 9515 1234

Freecall: 1800 108 098

Website: www.mhahs.org.au

Heterosexual HIV/AIDS Service (HHAS)

The HHAS aims to reduce the negative implications of HIV infection and promotes a healthy and happy way of living. The HHAS freecall telephone support line is a state wide, confidential telephone information and support service for HIV affected heterosexual people.

Freecall: 1800 812 404

Website: www.pozhet.org.au

Sexuality educators and relationship counselling in NSW

For details of professionals providing sexuality education and relationship counselling contact Family Planning NSW Talkline 1300 658 886

Equipment and aids in NSW

Independent Living Centre (ILC) NSW

The ILC provides impartial advice and information to inform people's choices of assistive technology including sexuality aids.

Phone: 1300 885 886

Website: www.ilcnsw.asn.au

For new and updated *All About Sex* fact sheets go to:

www.fpnsw.org.au/allaboutsex

For more information about disability programs and services at Family Planning NSW go to:

www.fpnsw.org.au/disability

www.fpnsw.org.au | talkline 1300 658 886 | bookshop

clinical services & information | education & training | research | international development

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic.
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