



To build vibrant, creative and resourceful communities that value people and the planet.

Health Services

Council of NSW (ACON) Aids Illawarra

Address: 47 Kenny St, Wollongong

Telephone: 4226 1163

Email: illawarra@acon.org.au

Delivers campaigns and programs to eliminate new HIV transmissions, and support people living with HIV.

General and specific services for:

- People with HIV
- Gay and bisexual men
- Lesbians and same-sex attracted women
- Trans and gender diverse people
- Intersex people

Dedicated services for:

- Young gay men
- Asian gay men
- Sexually adventurous gay men
- Aboriginal and Torres Strait Islander people
- Older LGBTI people
- LGBTI people who use drugs

Services and supports:

- HIV prevention
- HIV support
- Sexual health
- Mental health
- Alcohols and drugs
- Safety and inclusion
- Domestic and family violence
- Ageing
- Pride inclusion programs
- Pride training
- Other health issues
- Policy and research
- Counselling
- Treatment advice
- Housing advice



To build vibrant, creative and resourceful communities that value people and the planet.

<p>Headspace Address: Level 1, 85 Smith Street, Wollongong Office Hours: Monday-Friday 8:45am-5:00pm Phone: (02) 4220 7660 Website: https://headspace.org.au</p>	<p>Free youth health service for young people aged 12-25 years. Services:</p> <ul style="list-style-type: none"> - Dietitian (nutrition screening, dietary assessment, education and support around food, lifestyle, and healthy eating strategies) - Doctor (GP) (on site or linked to centre) - Alcohol and drug services (workers on site or linked to the centre) - Youth reference group - Mental health services (may include; psychologists, psychiatrists, counsellors, and other workers) - Sexual health services (sexual health screening on site or links to local service) - Work and study services (workers on site or linked to the centre) - Youth programs
<p>Health Direct Helpline: 1800 022 222 National Relay Service available for hearing or speech impediments: Call 1800 555 677 and ask to be transferred to Health Direct TIS National available for interpreters: 131 450 and ask to be transferred to Health Direct</p>	<p>Services:</p> <ul style="list-style-type: none"> - Provides free health information and advice, 24/7 on helpline - Website provides a symptom checker and a service finder - Mobile app available for download to provide convenient access to trusted health information, check your symptoms and find health services
<p>Illawarra Women's Health Centre Address: 2/10 Belfast Avenue, Warilla Office Hours: Monday-Friday 9am-5pm Phone: (02) 42 55 6800 Phone counselling (1800 82 55 44) Website: https://womenshealthcentre.com.au/illawarra/</p>	<p>Provides free or low cost and affordable medical, allied and complementary healthcare as well as health and well-being programs. Services:</p> <ul style="list-style-type: none"> - Female Doctor - Women's Health Nurse Clinic - Dietitian - Information support and referral on a wide range of women's issues - Mental health and wellbeing (psychologists, counsellors, social workers) - Massage - Pregnancy termination - Information, support and referrals - Phone counselling (1800 82 55 44) - Exercise classes - Legal advice and support - Financial counselling - Beauty therapist - Reflexology



To build vibrant, creative and resourceful communities that value people and the planet.

	<ul style="list-style-type: none"> - Complementary therapies - Advocacy - Educative groups / sessions on women's health issues - Space for women's groups to meet - Work Development Orders
<p>National Home Doctor Call Centre Phone: 13 74 25 Call Centre Open: from 6pm weekdays, 12pm Saturday, all day Sunday and public holidays General Enquiries: (02) 9424 7997 Email: info@homedoctor.com.au</p>	<p>Services:</p> <ul style="list-style-type: none"> - Provides after hours medical care for urgent non-life threatening conditions - Services are bulk billed for all Medicare and GOLD DVA card holders - If not a card holder service can be paid out of pocket and receipt can be taken to Medicare for a full refund - Overseas student with overseas student health cover, and overseas visitors health cover with Allianz, NIB, Medibank Private or Bupa will not be charged a fee
<p>NEAMI Address: 24 Kenny Street, Wollongong NSW 2500 Office Hours: Monday-Friday 8:30am-5:00pm (closed public holidays) Phone: (02) 4226 3277 Email: wollongong@neaminational.org.au</p>	<p>Services:</p> <ul style="list-style-type: none"> • Community based mental health <ul style="list-style-type: none"> - Support to build independence and stay connected while improving mental health and wellbeing • Residential mental health <ul style="list-style-type: none"> - Short to medium term support helping to avoid hospitalisation to support the transition back to the community • Housing and homelessness <ul style="list-style-type: none"> - A targeted approach to prevent homelessness and support the way to long term housing • NDIS services <ul style="list-style-type: none"> - Help to navigate the NDIS • Suicide prevention <ul style="list-style-type: none"> - Support to improve understanding and respond appropriately following a suicide attempt or suicidal crisis • Intakes assessment and service navigation <ul style="list-style-type: none"> - Fast and easy access to finding the right mental health support
<p>One Door Mental Health Phone: 1800 843 539 Email: information@onedoor.org.au Wollongong Office Address: 32-34 Auburn Street (300m south of Wollongong Train Station), Wollongong 2500 Office Hours: Monday-Friday, 9:00am-4:00pm Phone: 0408 368 538</p>	<p>Services:</p> <ul style="list-style-type: none"> • Information and Support (call or email) • Carer Services: <ul style="list-style-type: none"> - Carer Education Modules provides families, carers and friends of those living with mental illness with workshops that can build knowledge and skills, the dates and locations of the workshops can be found on the website under 'Carer Services' • H2H – Hospital to Home provides support for people living with mental illness and those who have self-



To build vibrant, creative and resourceful communities that value people and the planet.

<p>Email: wollongong@onedoor.org.au</p> <p>Illawarra Clubhouse Address: 34 Auburn Street, Wollongong, NSE, 2500 Phone: 0408 368 538/0401 181 657 Email: illawarra.clubhouse@onedoor.org.au</p> <p>H2H – Hospital to Home Phone (02) 9854 5544.</p> <p>Health Care Services (psychology and physical): Email: healthcare@onedoor.org.au Phone: (02) 9199 6143.</p> <p>Bilingual Support Services: Phone: (02) 8737 5566 or (02) 8737 5567 Email: auburn@onedoor.org.au</p>	<p>harmed or attempted suicide for up to 12 weeks following discharge from hospital</p> <ul style="list-style-type: none"> • Psychology Services: <ul style="list-style-type: none"> - NDIS Service and Support available at the Illawarra Clubhouse, provides group-based activities in the centre and in the community, individual support, and coordination of support • Physical Health <ul style="list-style-type: none"> - Nourishing You provides adults recovering from mental illness to learn food life skills. Contact 9199 6143 or email Health Care - Moving You provides adults living or recovering from mental illness the opportunity to learn safe and effective exercise, contact 9199 6143 or email Health Care - Tobacco Free provides a 48 week group program that runs weekly for one hour tailored for those with a mental illness who want to quit tobacco, reduce tobacco use, or think about addressing tobacco, individual one on one support is also available • Bilingual Mental Health Support Service <ul style="list-style-type: none"> - Provides support and can help assist with the navigation of services • Education and Training <ul style="list-style-type: none"> - Courses and workshops that cover topics such as accidental counsellor; advocacy; effective communication; mental health; and suicide awareness. For more information contact (02) 9879 2600 or email rebecca.lewis@onedoor.org.au
<p>Rape and Domestic Violence Services Australia</p> <p>Phone (NSW Rape Crisis): 1800 424 017 Phone (Sexual Assault Counselling Australia): 1800 211 028 Website: https://www.rape-dvservices.org.au/</p>	<p>Services:</p> <ul style="list-style-type: none"> - Provides telephone, online, and some face to face counselling (all services are free and 24/7) - Provides counselling for people of all genders who have been impacted by sexual assault <p>NSW Rape Crisis Services:</p> <ul style="list-style-type: none"> - Provides; professional trauma specialist counsellors; telephone and online support; information and referrals to other services; vicarious trauma support and debrief (for professionals including police and journalists) - Can also assist with; managing the impacts of sexual assault; talking to family and friends; information on reporting to the police; information on accessing medical help; referrals to other services <p>Sexual Assault Counselling Australia Services:</p> <ul style="list-style-type: none"> - For adults who experienced sexual assault in childhood



To build vibrant, creative and resourceful communities that value people and the planet.

	<p>and who are involved in, or impacted by, the National Redress Scheme resulting from the Royal Commission into Institutional Responses to Child Sexual Abuse. and for supporters of anyone who has been impacted by institutional child sexual abuse</p> <ul style="list-style-type: none"> - Provides; professional trauma specialist counsellors, free telephone and face to face counselling, information and referrals
<p>SANE Australia Website: https://www.sane.org/ Email: info@sane.org Phone: 1800 18 7263 (Monday-Friday, 10:00am-10:00pm) Webchat: Accessed through website and available Monday-Friday, 10:00am-10:00pm</p>	<p>SANE Help Centre (phone, email or webchat) is not a crisis service but does provides counselling, support, information and referrals to adults who have a complex mental illness, complex trauma or high levels of psychological distress</p>