

Health & Sexual Health

Young people will experience significant social, emotional, physiological and psychological changes as they develop. This can lead to considerable fluctuations in their health and wellbeing. They can also experience a range of barriers when accessing health services. For instance cost, discrimination, lack of transport, confidentiality, stigma and a general unawareness that services exist can all pose problems for young people seeking to access those health services.

Sexual health and development is one aspect of young people's overall health development. Though most young people experience these changes without significant problems, some young people need targeted support during their transitions. Young people require access to information, skill building, support and services to help them manage their individual changes as they occur.

Youth workers play a vital role in providing access to health and medical services through health promotion, partnerships and referrals. Those who work with young people are well placed to recognise the needs of young people who experience systemic disadvantage in their access to quality health care. Therefore, even if you do not have specific health expertise it is important that workers are involved in assisting young people to access relevant health services.

In this section you will find:

- Some tips on supporting a young person to access health services;
- Some youth friendly health and sexual health services; and
- Resources including more health and sexual health services, more health and sexual health information, and dates for your diary.

The following sections also contain health and sexual health resources: Aboriginal and Torres Strait Islander, Counselling, Gay, Lesbian, Bisexual, Transgender, Intersex, Queer and/or Questioning, Peak Body, Some Key Government Services, Young Carers, Young Parents and Youth Support.

Ways of Working

Supporting a Young Person to Access Health Services

You can significantly assist young people in accessing healthcare by making them aware of the health services available to them, exploring their concerns, researching questions they may have, referring and encouraging them to access youth friendly health professionals, and advocating for them if necessary.

Make young people aware of their health rights, which include the right to:

- Expert and professional healthcare;
- Be treated with dignity and respect, and to be free from any form of harassment (physical, sexual or emotional);

- Be provided with information about health issues, treatment options and availability of appropriate services;
- Participate, as far as possible, in decisions about the kind of care and support that is provided;
- Have family, friends or advocates provide support;
- Have an interpreter, if needed; and
- Have their privacy and confidentiality respected.

The following are more ideas to assist young people wanting to access healthcare services:

- Assist young people to get their own Medicare card. You can get more information on registering with Medicare by calling 13 20 11 or visiting the website: www.medicareaustralia.gov.au/public/forms.jsp
- Assist young people to get a Healthcare card from Centrelink if they are eligible. This can help them to access subsidised healthcare and medication. You can get more information by visiting the website: www.centrelink.gov.au/internet/internet.nsf/payments/conc_cards_hcc.htm
- Advocate for a young person to receive bulk billing, or assist them to self-advocate. The ACT has the lowest rate of bulk billing in the country. Young people may not know about bulk billing, or that they can get reimbursed by Medicare for some costs.
- Develop a relationship with a GP who bulk bills and is youth friendly. Young people may have a relationship with the family GP, but may not be comfortable visiting them for a range of reasons. If the young person trusts you, they are more likely to trust someone you recommend.
- Assist them to access youth specific health services such as *The Junction Youth Health Service* and *Sexual Health and Family Planning ACT*.
- Assist young people to access their local health care centre.
- Contact *The Junction Youth Health Service* or *ACT Division of General Practitioners* to get a list of youth friendly GP's and health care professionals.
- Aboriginal young people may want to access *Winnunga Nimmityjah Aboriginal Health Service*.
- Some youth services have emergency relief money, you could negotiate to get costs covered or subsidised.
- See the Key Government Services Section for more information on accessing ACT Dental Health Services.
- See the Counselling Section for information on accessing mental health services through the Medicare Benefits Schedule (MBS).

Services

AIDS Action Council of the ACT

Provides health promotion and support for people living with AIDS or HIV and others at risk.

Phone	(02) 6257 2855
Mailing Address	GPO Box 229, Canberra ACT 2601
Email	aidSACTION@aidSACTION.org.au
Website	www.aidSACTION.org.au
Location	Westlund House, 16 Gordon St, Acton

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	Any age
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access By phone, email and drop in, 9am – 5pm, Monday - Friday. No referral necessary.

Appointments Preferable.

Programs Provides HIV/AIDS information, education, advocacy, counselling, health promotion and support. Various groups and workshops have been run. Provide a community services unit and a Sex Worker Outreach Project. Counselling is also available to all members of the Gay, Lesbian, Bisexual, Transgender and Intersex Community (GLBTI) – including gender issues.

Other A Medicare Card is not required.

Families Families and support people can access some programs.

Canberra Sexual Health Centre

Sexual health service.

Phone	(02) 6244 2184
Mailing Address	Building 5, The Canberra Hospital, Garran ACT 2606
Website	www.health.act.gov.au/sexualhealth
Location	Building 5, The Canberra Hospital, Entrance off Gilmore Crescent, Garran

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	Any age
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes

<i>Children of clients</i>	Yes
How to Access	By phone, email and drop in 9am – 2pm, Monday, Tuesday, Thursday and Friday. 1.30pm - 3.30pm Wednesdays. No referral necessary.
Appointments Programs	No appointments necessary. Staffed by GPs, nurses and a counsellor. Provides information, testing and treatment for sexually transmitted infections, and counselling for a variety of issues. Provides a HIV clinic run by specialist physicians and provides full access to anti-viral and other HIV treatments. Also provide Forensic & Medical Sexual Assault Care (FAMSAC), 24 hours, 7 days a week that offers forensic examination and medical care following sexual assault and referrals to sexual assault counselling.
Other	The service is free and a Medicare Card is not required.
Families	Can liaise with families at the request of the young person.

Junction Youth Health Service

Youth health service.

Phone	(02) 6232 2423
Mailing Address	PO Box 287, Civic Square ACT 2608
Email	junctioninfo@anglicarecg.org.au
Website	www.thejunction.org.au
Location	Cnr Cooyong St & Scotts Csg, Civic
Parent Organisation	Anglicare Canberra & Goulburn

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	12 – 25
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access	By phone, email and drop in, 12.45pm – 5pm, Monday - Friday. No referral necessary.
Appointments Programs	Required for consultations with clinical team. Provides access to GPs, nurses, counsellors and youth workers. Provides information, advocacy, some emergency relief, brokerage and referrals. The counselling team have run various groups including a depression group. Computer and Internet is available.
Other	The service is free and a Medicare card is preferred but not essential.
Families	Young people are welcome to bring family and

support people with them.

Sexual Health & Family Planning ACT

Sexual health service.

Phone	(02) 6247 3077 SMS 0400 770 999
Mailing Address	GPO Box 1317, Canberra City 2601
Email	shfpact@shfpact.org.au
Website	www.shfpact.org.au
Location	Level 1, Building 28, University Ave Canberra City

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	Any age
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access	By phone, email and drop-in, 9am – 4.45pm, Monday, Tuesday, Wednesday, Thursday and alternate Friday's. No referral necessary.
Appointments	Required for GP visits, Sexually Transmitted Infection (STI) tests and pap smears.
Programs	Provides access to GPs and nurses for sexual and reproductive health issues. Provides information and referrals. Educational groups are run at schools, youth centres and other services.
Other	Bulk Billing available for 25 and under or anyone with a concession card or fulltime student. Fees are variable. A Medicare Card is required.
Families	Family and support people can access programs.

Winnunga Nimmityjah Aboriginal Health Service

Primary health service for Aboriginal and Torres Strait Islander people.

Phone	(02) 6284 6222
Mailing Address	63 Boolimba Cres, Narrabundah ACT 2604
Website	www.winnunga.org.au
Location	63 Boolimba Cres, Narrabundah

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	All ages
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access	By phone and drop in, 9am – 5pm, Monday - Friday. No referral necessary.
Appointments	Appointments are required for some services, including Social and Emotional Wellbeing, Child and Maternal, Psychology and Dental services. However, a drop in service is also provided.
Programs	Provides comprehensive primary health care, information, advocacy, case management, transport, counselling and referrals. Groups have been run on parenting, quit smoking, women, men and youth. Various activities can be provided and camps for women and men are run.
Other Families	A Medicare Card is required. Provides support, advocacy and referrals for families.

The following services also provide health and sexual health programs:

- Children and Young People Focus Worker, Domestic Violence Crisis Service (Youth Support)
- Children and Young People's Workers, Canberra Rape Crisis Centre (Youth Support)
- DIRECTIONS ACT (Alcohol and Other Drug)
- See also the Youth Centres section

Resources

More Health Services

Directory of Health Services in the ACT

ACT Health

For further information about health specific services in the ACT order a copy of the free *Health Services Directory* (2006).

Phone: 13 22 81

Web: <http://health.act.gov.au/c/health?a=sp&did=10000882>

Aboriginal and Torres Strait Islander Liaison Officer

ACT Health

Provides social and cultural support to Aboriginal and Torres Strait Islander patients and their families.

Phone: (02) 6244 2916 – ask to speak with a Liaison Officer

Canberra After hours Locum Medical Service (CALMS)

CALMS can arrange attendance by a doctor at a designated surgery or at your home. Consultations by appointment only, fees apply.

Phone: 1300 422 567

CanTeen: The Australian Organisation for Young People Living with Cancer

Provides free recreational, educational and psycho-social opportunities to young people between the ages of 12 and 24, who are living with cancer, or affected by a family member's diagnosis with cancer.

Phone: (02) 6262 8133

Email: act@canteen.org.au

Web: www.canteen.org.au

Child and Family Centres

Department of Disability Housing and Community Services

Services include: Maternal and Child Health clinics, Community Development, Speech Pathology, Paint and Play, School hubs and drop in services.

Gungahlin: Corner of Ernest Cavanagh St and Gungahlin Place, Gungahlin
Phone: (02) 6207 0120

Tuggeranong: 200 Scolley St, Greenway
Phone: (02) 6207 8228

Belconnen: The 2009/10 Budget included funding for a Child and Family Centre in the Belconnen Region.

Health Centres

ACT Health

There are five community health centres run through ACT Health. Each centre provides a different range of health services including needle and syringe outlets, nurses, social workers, podiatrists, child immunisation, baby health clinics, speech pathologists and speech drop in centre, information and referrals, ambulatory nursing clinics, baby health clinics and immunisation, physiotherapy, counselling for adolescents and adults, community nurses, dental services and dietitian/nutritionist.

Phone: (02) 6207 9977

Web: www.health.act.gov.au

- **Belconnen:** Corner Swanson Crt & Benjamin Way, Belconnen
- **City:** ACT Health Building, Corner Alinga & Moore Sts, Civic
- **Phillip:** Corner Corinna & Keltie Sts, Phillip
- **Tuggeranong:** Corner Anketell and Pitman St, Tuggeranong
- **Dickson:** Dickson Place, Dickson

Hepatitis Resource Centre

Provides Hepatitis related counselling, information and support.

Phone: 1300 301 383

Email: info@acthepc.org

Web: www.hepatitisresourcecentre.com.au

Migrant Health Unit

ACT Health

Provides free and confidential health care and interpreting for clients.

Phone: (02) 6205 3333

Web: www.health.act.gov.au

Youth Health Worker

Snowy River Shire Council

Improve access of primary health care and community services for young people within the Bombala and Snowy River Shires.

Phone: (02) 6451 1506

Email: angie.corcoran@snowyriver.nsw.gov.au

More Sexual Health Services

Marie Stopes International

Marie Stopes International's Canberra clinic offers a broad range of sexual and reproductive health care services to men and women, including abortion, vasectomy, contraception and Sexually Transmitted Infection (STI) check-ups.

Phone: (02) 6257 4452

Email: msicanberra@mariestopes.com.au

Web: www.mariestopes.com.au

Location: Level 1, ACT Health Building, Corner Alinga & Moore Sts, Canberra

Pregnancy Options Information Service

Sexual Health and Family Planning ACT

Provides a confidential, non-judgmental and non-directive service for pregnant women and their partners, especially for unplanned pregnancy.

Phone: (02) 6248 6222

Email: pois@shfpact.org.au

Web: www.shfpact.org.au

Location: Level 1, 28 University Ave, Canberra

Well Women's Clinics

ACT Health

Offer free information on issues concerning women such as menstrual cycles, menopause, sexuality and relationship, pregnancy issues and early detection services. Clinics located in Belconnen, Civic and Tuggeranong.

Phone: (02) 6205 1078

More Health Information

Australian Health Map

A state-by-state guide to health resources, statistics and information.

Web: www.abc.net.au/health/healthmap

Australian Indigenous HealthInfoNet

Aims to contribute to the health of Australia's Indigenous people by making information available.

Web: www.healthinfonet.ecu.edu.au

Child and Youth Health

Child, Youth and Women's Health Service, South Australia

Australian youth website providing information on drugs and alcohol, relationships, healthy body, healthy mind, sexual health and society.

Web: www.cyh.com

HSpace: Hep C and Me

Hepatitis Australia

Australian website providing information on Hepatitis C for young people.

Web: www.hspace.org.au/what_is_hep.htm

Medicare Cards

A Medicare card holds a person's Medicare number, which is required to claim from Medicare, receive Pharmaceutical Benefits Scheme (PBS) medicines and placing

children on the Australian Childhood Immunisation Register. There are five ACT Medicare offices, each have different opening hours.

Web: www.medicare.gov.au

Somazone

Designed by a group of young people to promote exploration of health, lifestyle and legal issues. The site features a question and answer facility.

Web: www.somazone.com.au

More Sexual Health Information and Resources

Chlamydia factsheet

Women's Health Queensland Wide (Women's Health), October 2006.

Chlamydia most commonly occurs in people aged between 15 and 29 years of age.

Web: www.womhealth.org.au/factsheets/chlamydia.htm

(Sexually Transmissible Infections (STI's) Fact Sheet

Sexual Health and Family Planning ACT

Information sheet that covers a variety of STI's, including Chlamydia, Genital Wart Virus and Genital Herpes.

Web: http://www.shfpact.org.au/index.php?option=com_content&task=view&id=163&Itemid=124

Games for Adolescent Reproductive Health: An International Handbook

PATH Washington, D.C.

Includes 45 games, tips on getting started, guidance on creating your own games, ready-to-use card sets, and the research and theory behind it all. PDF version only. Published 2002.

Web: www.path.org/publications/details.php?i=676

Sexual Health Information Sheets

Sexual Health and Family Planning ACT

Produces a range of free and informative Info Sheets on a wide range of sexual and reproductive health topics.

Web: www.shfpact.org.au

Some Dates For Your Diary

14 February

National Condom Day (Valentine's Day)

Established by Sexual Health and Family Planning Australia to encourage all sexually active people to use condoms in order to curtail the spread of Sexually Transmitted Infections.

Web: www.fpa.net.au

7 April

World Health Day

The World Health Day is celebrated to create "awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO)". Priorities for action include educating and training health workers, supporting and helping health workers, enhancing the effectiveness of the health workforce and tackling imbalances and inequities.

Web: www.who.int

24 November - 1 December AIDS Awareness Week

December 1 is World AIDS Day, which is preceded by AIDS Awareness Week. Aims to raise awareness about HIV/AIDS issues, including the need for support and understanding for people living with HIV/AIDS, and the need for the development of education and prevention initiatives.

Web: www.worldaidsday.org.au

19 May 2010 World Hepatitis Day

World Hepatitis Day on May 19 is focused on raising awareness of viral hepatitis for the more than 500 million people worldwide – that's one in every 12 people on the planet, affected by viral hepatitis B or C. World Hepatitis

Web:www.hepatitisaustralia.com/

May 2010 Hepatitis Awareness Week

National Hepatitis Awareness Week is a time to improve Australians' understanding of the causes of hepatitis B and C and how these conditions can be prevented.

Web: www.hepatitisaustralia.com/