

# HERE FOR BEGA



This guide can be shared online and printed from [acon.org.au/who-we-are-here-for/regional-nsw/](http://acon.org.au/who-we-are-here-for/regional-nsw/)  
To add or edit a listing please contact ACON Regional Outreach

## LOCAL LGBTI SOCIAL AND SUPPORT GROUPS

### South Coast Rainbow Community

Page: [facebook.com/SouthCoastRainbowCommunity](https://facebook.com/SouthCoastRainbowCommunity)  
Group: [facebook.com/groups/SouthCoastRainbowCommunity](https://facebook.com/groups/SouthCoastRainbowCommunity)

A NSW South Coast social and support group for lesbian, gay, bi, trans, intersex and queer (LGBTIQ+) people, their families and friends

### Sapphire Coast Women's Social Group

[facebook.com/groups/453251748097682](https://facebook.com/groups/453251748097682)  
Social gatherings and events for women attracted to other women on the NSW Far South Coast

### CoastBega Valley LGBTQI Support Group

[facebook.com/groups/begavalleylgbtsupport](https://facebook.com/groups/begavalleylgbtsupport)  
Closed group for LGBTQI people in the Bega Valley, Sapphire Coast and surrounds

### LGBTQIA+ Youth Group

[cmcdonald@gph.org.au](mailto:cmcdonald@gph.org.au) (Carly)  
Headspace Bega's LGBTQIA+ youth group for ages 12-25 and meets the second Wednesday of the month from 4.30-6pm. Contact headspace for more info

### Police Gay & Lesbian Liaison Officers (GLLO)

02 6492 9999 (Bega)  
[tinyurl.com/police-gllo](https://tinyurl.com/police-gllo)  
Many police stations will have a GLLO but if you cannot locate one, contact the NSW Region Sponsor, Sexuality, Gender Diversity & Intersex

### Bega NSW Pride

[facebook.com/Bega-NSW-Pride-562688560907931/](https://facebook.com/Bega-NSW-Pride-562688560907931/)

## LOCAL HIV AND STI SERVICES

### Bega Sexual Health Service

02 6491 9800  
Bega Valley Community Health, 4 Virginia Drive  
Testing & treatment for HIV, STIs, and Hepatitis B & C, access to PEP, information and advice on PrEP & sexual health, vaccination for Hepatitis A & B. Free condoms and lube

### Local Needle & Syringe Program (NSP)

[health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx](https://health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx)  
Details of local NSPs across the Bega Valley, where to access sterile injecting equipment & services that offer advice, information & referral

### Bega Valley Teen Clinic

Bega Valley Medical Practice, 61 Carp St, Bega  
Curalo Medical Clinic, 60 Princes Highway, Eden  
Nurse led clinic for young people to discuss sexual health and access free HIV/STI testing and treatment.  
Bega - Tuesdays and Thursdays from 2-5pm  
Eden - Tuesdays and Thursdays from 1-5pm

## ACON Regional Outreach

1800 063 060 | 02 9206 2113  
0437 651 752 (Josef) | [f/aconsouthernsw](https://facebook.com/aconsouthernsw)

We're here for people of diverse sexualities and genders and people with HIV across regional NSW. Providing a range of outreach services, including: peer education, sexual health info & resources, counselling, referrals, inclusive practice training & strengthening supportive environments.

ACON acknowledges and pays respects to the Traditional Custodians of all the lands on which we work.



# HERE FOR HEALTH



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## STATEWIDE & NATIONAL SERVICES

### Ending HIV

[endinghiv.org.au](http://endinghiv.org.au)

An ACON campaign focused on ending HIV transmission among gay men through testing often, treating early and staying safe

### Minus18 (National)

[facebook.com/minus18youth](https://facebook.com/minus18youth)  
[minus18.org.au](http://minus18.org.au)

Youth led social & support organisation for gay, lesbian, bisexual & trans youth

### NSW Sexual Health Info Link

1800 451 624 | [shil.nsw.gov.au](http://shil.nsw.gov.au)

Phone and online sexual health service for sexual health, specialising in HIV and STI risk assessment, testing, treatment and support

### OLife (National)

1800 184 527 | [qlife.org.au](http://qlife.org.au)

LGBTIQ phone & online counselling service operating every day from 3pm - midnight

### The Institute of Many - TIM (National)

[facebook.com/theinstituteofmany](https://facebook.com/theinstituteofmany)  
[theinstituteofmany.org](http://theinstituteofmany.org)

Grassroots movement of people living with HIV (PLHIV) who run Australia's largest online community for PLHIV

### NSW Police LGBTIQ Liaison Officers (formerly known as GLOs)

[tinyurl.com/NSWPolice-GLO](http://tinyurl.com/NSWPolice-GLO)

Contact officers for LGBTIQ people who are victims of crime. They also assist other police to respond to homophobic and transphobic incidents

### Gay and Lesbian Rights Lobby (NSW)

[glrl.org.au](http://glrl.org.au)

Referral and resources on gay and lesbian rights for the media, policy makers and the community

### Intersex Human Rights Australia (IHRA)

[facebook.com/intersexaus](https://facebook.com/intersexaus)  
[ihra.org.au](http://ihra.org.au)

Information, education & peer support for intersex people, their families & friends

### Bobby Goldsmith Foundation (NSW)

02 9283 8666 | 1800 651 010

[bgf.org.au](http://bgf.org.au)

Counselling, housing, study, employment & financial support for people living with HIV

### Twenty10 (NSW)

02 8594 9555 (intake)

02 8594 9550 (admin)

[twenty10.org.au](http://twenty10.org.au)

Specialist support for young people of diverse genders & sexualities, & intersex status

### Inner City Legal Centre (NSW)

1800 244 481 | [iclc.org.au](http://iclc.org.au)

Expert specialist legal advice for LGBTIQ people anywhere in NSW

### Positive Life NSW

02 9206 2177 | 1800 245 677

[positivelife.org.au](http://positivelife.org.au)

Information, support, referral and advocacy for people living with HIV in NSW

### 1800 RESPECT National Sexual Assault, Domestic Family Violence Counselling Service

1800 737 731

Confidential information, counselling and support service Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse. Call 000 if you are in immediate danger

### The Gender Centre (NSW)

02 9569 2366 | 1800 069 115

[gendercentre.org.au](http://gendercentre.org.au)

Trans & gender diverse accommodation service, & education, support, training & referral centre

### Lifeline (National)

13 11 44

24 hour crisis support hotline

### Sex Worker Outreach Project (SWOP)

02 9206 2166 | 1800 622 902

[swop.org.au](http://swop.org.au)

Run by and for sex workers for information, support, outreach, free worker packs, resources and referrals

### Parents of Gender Diverse Children

[pgdc.org.au](http://pgdc.org.au) | [info@pgdc.org.au](mailto:info@pgdc.org.au)

Peer support for parents and carers of transgender and gender diverse children

### Multicultural HIV and Hepatitis Service

1800 108 098 | [mhahs.org.au](http://mhahs.org.au)

Multi-lingual health information and support

## ACON Regional Outreach

1800 063 060 | [regionalloutreach@acon.org.au](mailto:regionalloutreach@acon.org.au)

[f /ACONSouthernNSW](https://www.facebook.com/ACONSouthernNSW)

We're here to support people of diverse sexualities and genders, and people with HIV across regional NSW take control of their health by providing a range of local, outreach and remote programs, campaigns & services, including: peer education, sexual health info & resources, counselling, referrals, inclusive practice training & strengthening supportive environments.

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