

HERE FOR SHOALHAVEN



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

LOCAL LGBTIQ+ SOCIAL AND SUPPORT GROUPS

Police Gay & Lesbian Liaison Officers (GLLO)

02 4421 9699 (Nowra)
tinyurl.com/NSWPolice-GLLO

Many police stations will have a GLLO but if you cannot locate one, contact the NSW Region Sponsor, Sexuality, Gender Diversity & Intersex

Parents of Trans Kids Group

02 4221 5388 (Headspace)
info@headspacenowra.org.au

Support group for parents of transgender and gender diverse or gender questioning children (of all ages)

South Coast Rainbow Community

Page: facebook.com/SouthCoastRainbowCommunity
Group: facebook.com/groups/SouthCoastRainbowCommunity

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

PFLAG Illawarra

Pflagillawarra.southern@gmail.com
0408 551 799 (Noeline)

Social/support network for parents, families & friends of LGBTIQ+ people

Shoalhaven Gay Men's Social Group

Sgmsg18@gmail.com

A social group for guys living or visiting the Shoalhaven, with regular dinners and social events. Please email the group to be added to the closed Facebook group

Lesbians in the Shoalhaven Area (LISA)

0416 293 281 (Maira)

Social group for lesbians living in the Shoalhaven. LISA meets for breakfast on the second Sunday of every month

LOCAL HIV AND STI SERVICES

Nowra Sexual Health Clinic

02 4423 9353
Shoalhaven District Hospital

Testing & treatment for HIV, STIs, and Hepatitis B & C, access to PrEP & PEP, information and advice on sexual health, vaccination for Hepatitis A & B. Free condoms and lube

Local Needle and Syringe Program (NSP)

Sgmsg18@gmail.com

Details of local NSPs in the Shoalhaven where you can access sterile injecting equipment, advice, information & referral

Grand Pacific Health Centre

gphnowra.org.au
02 4448 2255

Offers primary health services including sexual health testing

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

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

Minus18 (National)

facebook.com/minus18youth | 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

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

QLife (National)

1800 184 527 | qlife.org.au

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

The Institute of Many - TIM (National)

facebook.com/theinstituteofmany
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

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

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

Intersex Human Rights Australia (IHRA)

facebook.com/intersexaus | 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

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

Twenty10 (NSW)

02 8594 9555 (intake) | 02 8594 9550 (admin)
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

Expert specialist legal advice for LGBTIQ+ people anywhere in NSW

Positive Life NSW

02 9206 2177 | 1800 245 677 | positivelife.org.au

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

Lifeline (National)

13 11 44

24 hour crisis support hotline

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

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

Sex Worker Outreach Project (SWOP)

02 9206 2166 | 1800 622 902 | 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 | 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

Multi-lingual health information and support

BlaQ

blaq.org.au | facebook.com/blaqmobs

BlaQ Aboriginal Corporation is committed to empowering the Aboriginal and Torres Strait Islander LGBTIQ+ community through innovation, inclusion, understanding and advocacy

ACON Regional Outreach

1800 063 060 | regionalo Outreach@acon.org.au

[f /ACONSouthernNSW](https://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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