

# HERE FOR SHOALHAVEN



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 LGBTIQ+ 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, our families and friends

### Shoalhaven Gay Men's Social Group

[Sgmsg18@gmail.com](mailto: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

### PFLAG Illawarra

[Pflagillawarra.southern@gmail.com](mailto:Pflagillawarra.southern@gmail.com)  
0408 551 799 (Noeline)

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

### Parents of Trans Kids Group

02 4221 5388 (Headspace)  
[info@headspacenowra.org.au](mailto:info@headspacenowra.org.au)

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

### 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

### Queers Down South

[facebook.com/groups/955835471852328](https://facebook.com/groups/955835471852328)  
Instagram: [queers.down.south](https://instagram.com/queers.down.south)

An all inclusive Meetup group for LGBTQIA+ folks and their allies on the South Coast

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

02 4421 9699 (Nowra)  
[tinyurl.com/NSWPolice-GLLO](https://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

## 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](mailto: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](http://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](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

### QLife (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

### 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](http://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](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

### BlaQ

[blaq.org.au](http://blaq.org.au) | [facebook.com/blaqmobs](https://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 | [regionalloutreach@acon.org.au](mailto:regionalloutreach@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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