

HERE FOR SHOALHAVEN



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LOCAL LGBTIQ+ SOCIAL AND SUPPORT GROUPS

Queers Down South

facebook.com/groups/955835471852328
Instagram: @queers.down.south

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

The Rainbow Underground (TRU)

hello@rainbowunderground.com
facebook.com/TheRainbowUnderground
Instagram @rainbowunderground18

TRU aim to provide togetherness and creative opportunities for queer and creative people in the Illawarra/Shoalhaven and South Coast

Unity Shoalhaven South Coast

unityisc@rainbowunderground.com
facebook.com/UnityShoalhavenSouthCoast

Unity is a Not-for-Profit organisation committed to hosting a variety of social events in the Shoalhaven and south coast regions to provide support for the queer community and friends. Monthly events draw a wide range of community members from young to old

Pride Space

02 4446 7300 Headspace Nowra
info@headspacenowra.org.au
Headspace Nowra

Pride Space is a social/support group for LGBTQI+ identifying young people from ages 16-25

Parents of Trans Kids Group

(02) 4446 7300 | info@headspacenowra.org.au
Headspace Nowra

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 (Moir)

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

LOCAL HIV AND SEXUAL HEALTH 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

Grand Pacific Health Centre

02 4448 2255 | gphnowra.org.au
Offers primary health services including sexual health testing

Local Needle and Syringe Program (NSP)

health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx
Details of local NSPs in the Shoalhaven, where you can access sterile injecting equipment, advice, information & referral

Shoalhaven/Illawarra Women's Health Service (Trans and Cis)

0401991684
Bogumila.gerlowska@health.nsw.gov.au
Cervical screening including self collected, Breast checks, STI testing, Contraception, Menopause, menstruation and sexual health information for Trans and Cis people. District wide from Wollongong to Ulladulla. Call, text or email for more information

ACON Regional Outreach

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

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

CRISIS SUPPORT AND MENTAL HEALTH SERVICES

TRIPLE ZERO 000 Emergency Services - Ambulance, Fire, Police (National)

000 | triplezero.gov.au

Call triple zero (000) to contact Ambulance, Fire or Police in life threatening or emergency situations.

Lifeline (National)

13 11 44 | lifeline.org.au

Lifeline provides all Australians experiencing emotional distress with access to 24/7 crisis support and suicide prevention services.

Suicide Call Back Service (National)

1300 659 467 | suicidecallbackservice.org.au

Suicide Call Back Service is a FREE 24/7 crisis service for people at risk of suicide or concerned by someone at risk or bereaved by suicide.

Mental Health Line (NSW)

1800 011 511 | health.nsw.gov.au/mentalhealth

The Mental Health Line is staffed by mental health professionals, is available to everyone in NSW and operates 24 hours a day, 7 days a week.

National Indigenous Postvention Service - Thirrili

1800 805 801 | thirrili.com.au | facebook.com/ThirriliIndigenousSuicidePostventionService

The Indigenous Suicide Postvention Services supports individuals, families, and communities affected by suicide or other significant trauma. A Postvention Advocate can be contacted 24/7.

QLife (National)

1800 184 527 | qlife.org.au

Anonymous LGBTIQ+ peer support and referral service. Phone or webchat counselling available every day from 3pm – 9pm.

13Yarn (National)

13YARN (13 92 76) | 13yarn.org.au

13YARN is a free 24/7 service providing a confidential and culturally safe space for Aboriginal and Torres Strait Islander people to yarn about their needs, worries or concerns during crisis.

Brother to Brother (National)

1800 435 799 | dardimunwurro.com.au/brother-to-brother | facebook.com/profile.php?id=100064729746749

The Brother to Brother crisis line operates 24/7 and provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

HERE (NSW)

here.org.au

ACON's digital suicide prevention hub, connecting the LGBTQ+ community, their loved ones, and service providers to care, support, and resources.

Beyond Blue (National)

1300 22 4636 | beyondblue.org.au

Beyond Blue is a FREE 24/7 mainstream suicide and mental health service staffed with trained counsellors.

Butterfly (National)

1800 33 4673 | butterfly.org.au | support@butterfly.org.au | facebook.com/thebutterflyfoundation

Butterfly offers free and confidential support for anyone concerned about eating disorders or body image issues. They have specialist counsellors who offer non-judgmental support over the phone, by email and by online chat. Open from 8am – midnight (AEST/AEDT), 7 days.

SANE (National)

1800 187 263 | sane.org

SANE is the leading national mental health organisation for people with complex mental health issues in Australia and for the families and friends that support them. Counsellors are available via phone, web chat or email from 10am to 10pm Monday to Friday AEST/AEDT.

StandBy (National)

1300 727 247 | [standbysupport](https://standbysupport.org)

StandBy is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. StandBy is accessible 24/7, providing free face-to face and/or telephone support.

Discharged

discharged.asn.au/calendar

DISCHARGED are a lived experience organisation that specialises in peer support groups for people with personal experience of suicidal thoughts or feelings. They run a regular group for Trans and Gender Diverse people.

Yarning Safe' n' strong

1800 959 563

A counselling service for Aboriginal and Torres Strait Islander Peoples. YSNS is available to people and families who need to have a yarn with someone about their wellbeing.



ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES

Sistergirls & Brotherboys + Gender diverse Mob (National)

facebook.com/groups/sistergirls.brotherboys
A closed group for Gender diverse Aboriginal Sistergirls and Brotherboys, family friends and supporters.

BlaQ (NSW)

blaq.org.au | facebook.com/blaqmobs
BlaQ is the peak organisation for Aboriginal Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual + Sistergirl and Brotherboy (LGBTQIA+SB) Peoples and Communities in NSW.

Black Rainbow (National)

blackrainbow.org.au | facebook.com/BlackRainbowAustralia
Black Rainbow is a national volunteer Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Trans, Intersex, Asexual, Sistergirl & Brotherboy social enterprise to pursue positive health and wellbeing of the Aboriginal and Torres Strait Islander LGBTQIA+SB community.

FAMILY & DOMESTIC VIOLENCE, SEXUAL ASSAULT SERVICES

Say It Out Loud (National)

sayitoutloud.org.au
ACON's Domestic Family Violence (DFV) and sexual assault website for LGBTQ+ people encouraging communities to have healthy relationships, get help for unhealthy relationships and support their friends.

Rainbow Sexual, Domestic and Family Violence Helpline (National)

1800 497 212 | fullstop.org.au
Full Stop Australia aims to put a full stop to sexual, domestic, or family violence through support, education, and advocacy. They operate the FREE Rainbow Sexual, Domestic and Family Violence Helpline 24/7.

First Nations Rainbow

facebook.com/firstnationsrainbow/
Brings together Aboriginal and Torres Strait Islander peoples who also identify as brotherboys, sistergirls or as part of the LGBTQI community.

Yamurrah - Queer Blak n Deadly (National)

yamurrah.com.au/product/queer-blak-n-deadly
Free, online, monthly yarning sessions where we focus on well-being, connection, safety, healing, and referrals. Facilitated by First Nations clinicians

Yarns Heal

yarnsheal.com.au/ | facebook.com/yarnsheal
Aboriginal and Torres Strait Islander and LGBTQ+ Sistergirl and Brotherboy Suicide Prevention Campaign. The goal of Yarns Heal is to share stories, strengthen connections and link our peers to culturally safe support services.

1800 RESPECT

National Sexual Assault, Domestic Family Violence Counselling Service
1800respect.org.au | 1800 737 732
Confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

SAMSN (NSW)

1800 472 676 | samsn.org.au
SAMSN provides FREE services to male survivors of child sexual assault, their families, and supporters. Monday to Friday 9am – 5pm

ALCOHOL AND OTHER DRUGS SERVICES

Pivot Point (NSW)

pivotpoint.org.au
ACON's Alcohol and Other Drug (AOD) webpage for community members and their loved ones.

Alcohol and Drug Information Service (ADIS) NSW

1800 250 015 | yourroom.health.nsw.gov.au
The Alcohol & Drug Information Service (ADIS) is a free and confidential counselling helpline for NSW residents with concerns around alcohol and/or drug misuse and is available 24 hours a day, 7 days a week. Web Chat is available from Monday to Friday 8.30am – 5pm (including public holidays).

NUAA (NSW)

nuaa.org.au
The NSW Users and AIDS Association (NUAA) is a peer-based drug user organisation. NUAA strives to improve advocacy for, and services supporting, the diversity of people impacted by stigma and discrimination caused by the criminalisation of drug use across NSW.

SMART Recovery

smartrecoveryaustralia.com.au
A range of online meetings offer supportive environments to achieve behaviour change goals of your choice around alcohol & other drug use, or any behaviours of concern.

NSW Local Intake Lines

health.nsw.gov.au/aod/Pages/contact-service.aspx
Each NSW Health local health district has a local central intake telephone line to connect people with alcohol and other drug services in that region. Note that some local intake lines operate during business hours only.



YOUTH SERVICES

Twenty10 (NSW)

(02) 8594 9555 (intake) | (02) 8594 9550 (admin) | twenty10.org.au

Specialist support for young people of diverse genders, sexualities, intersex status, aged 12 – 25. They provide a broad range of specialised services including housing, mental health, counselling and social support.

Minus18 (National)

facebook.com/minus18youth | minus18.org.au
Minus18 is social & support organisation improving the lives of LGBTQIA+ youth.

Australian Parents Group (APG)

02 9056 0838 (Lisa)
parentpeersupport@gendercentre.org.au
Hidden and private Facebook support group for parents and carers of Trans, Gender Diverse, Non- Binary or Gender Questioning kids of any age

Kids Helpline (National)

1800 55 1800 | kidshelpline.com.au
Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.

ReachOut (National)

au.reachout.com
ReachOut provides a safe, online place for young people to chat anonymously, get support, and feel better.

Rainbow Families (National)

rainbowfamilies.com.au | facebook.com/rainbowfamiliesAU
'Rainbow Families' is the leading voice for LGBTQ+ families in Australia.

TRANS AND GENDER DIVERSE SERVICES

TransHub (National)

transhub.org.au
TransHub is ACON's digital information and resource platform for all trans and gender diverse people in NSW, their loved ones, allies and health providers.

The Gender Centre (NSW)

(02) 9519 7599 or (02) 9569 2366 | gendercentre.org.au
Services & support for the trans & gender diverse community. Accommodation, case management, education & training, counselling and more.

Trans Pride Australia - TPA (National)

transprideaustralia.org.au | facebook.com/transprideaus
Trans Pride Australia is a not-for-profit organisation that provides social support for trans and gender diverse people and their loved ones in Australia.

Transcend (National)

transcend.org.au
Transcend's purpose is to support, affirm and celebrate the lives of Trans, Gender Diverse, Non-Binary children and their families and carers.

Parents of Gender Diverse Children

pgdc.org.au | info@pgdc.org.au
Peer support for parents and carers of transgender and gender diverse children.

The Identity Clinic

theidentityclinic.org
A place where individuals could receive the affirming care they deserve providing a wide range of services including psychological support, allied health services, diagnostics, and assessments, all delivered through a lens of queer and neuro-affirming care.

LEGAL SERVICES

NSW Police LGBTIQ Liaison Officers (formerly known as GLLOs)

tinyurl.com/NSWPolice-GLLO
Contact officers for LGBTIQ+ people who are victims of crime. They also assist other police to respond to homophobic and transphobic incidents

HIV/AIDS Legal Centre (HALC) (NSW)

02 9492 6540 | halc@halc.org.au
HIV AIDS Legal Centre (HALC) is a not-for-profit, specialist community legal centre, provides free and comprehensive legal assistance to people with HIV or Hepatitis-related legal matters.

Inner City Legal Centre (NSW)

1800 244 481 | iclc.org.au
Expert specialist legal advice for LGBTIQ+ people anywhere in NSW.

HIV, HEPATITIS & SEXUAL HEALTH SERVICES

Ending HIV (NSW)

endinghiv.org.au

ACON's Ending HIV initiative focuses on educating, informing and supporting gay, bisexual and queer men, and other men who have sex with men to reduce HIV transmissions in NSW.

NSW Sexual Health Info Link

1800 451 624 | shil.nsw.gov.au

Anonymous & nonjudgmental information and referral service, specialising in HIV, STI's and sexual health risk assessment, testing, treatment and support.

Positive Life NSW

(02) 8357 8386 | 1800 245 677 | positivelife.org.au

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

Hepatitis NSW

hep.org.au

Hepatitis NSW provide information, support, referral and advocacy for people affected by viral hepatitis in NSW.

Bobby Goldsmith Foundation (NSW)

(02) 283 8666 | 1800 651 010 | bgf.org.au

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

Multicultural HIV and Hepatitis Service (NSW)

1800 108 098 | mhahs.org.au

The Multicultural HIV and Hepatitis Service (MHAHS) works with culturally and linguistically diverse communities in NSW to improve health and well-being in relation to HIV, hepatitis B and hepatitis C.

Sex Worker Outreach Project (SWOP) (NSW)

(02) 9184 9466 | swop.org.au

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

Emen8 (National)

emen8.com.au

Australia's biggest sexual health and wellbeing initiative for guys into guys (cis and trans)

Word on the Sheets

wordonthesheets.org.au

An online information hub of sexual and reproductive health for LGBTQ+ women and their sexual partners. Created by and for LGBTQ+ communities.

ADDITIONAL SERVICES

Rainbow Cultures (NSW)

rainbowcultures.org.au

A Directory of LGBTQIA+ multicultural community groups and services in NSW.

LOVE Project (NSW)

loveproject.org.au

LOVE Project - Living Older Visibly and Engaged is ACON's site for older community members. Online catchups happen regularly.

Bi+ Australia

biplusaustralia.org | facebook.com/biplusaustralia

Bi+ Australia provides specialised counselling support for people who are attracted to more than one gender, or questioning their attraction or sexuality, and their families and loved ones. You can access this service from anywhere in Australia via online video call. There is a fee for this service.

Forcibly Displaced People Network

fdpn.org.au

Training, advocacy, support and information for LGBTQ+ who have been forcibly displaced (people seeking asylum, people recognised as refugees and migrants).

Australian Asexuals

australianasexuals.com | facebook.com/austaces

Australian Asexuals is a place to bring asexuals in Australia together and be a place to find out more about asexuality and help anyone in their journey.

Equality Australia

equalityaustralia.org.au

Equality Australia is a national LGBTIQ+ organisation dedicated to achieving equality for LGBTIQ+ people.

Intersex Human Rights Australia (IHRA)

ihra.org.au | facebook.com/intersexaus

IHRA is a national body by and for people with intersex variations. They promote the human rights, self-determination and bodily autonomy of intersex people in Australia

Intersex Peer Support Australia (IPSA)

isupport.org.au

IPSA is an intersex peer support, information and advocacy group for people born with variations in sex characteristics and their families.

Welcome Here (National)

welcomehere.org.au

Welcome Here is ACON's project to focus on supporting local business owners and services in Australia to create and promote environments that are visibly welcoming and inclusive of LGBTQ+ people.

Interlink

ilink.net.au

Trained counsellors and intersex peer workers for people living with innate variations in sex characteristics.

