

How to contact us?

To find out more about our service, or to speak with us about your circumstances, phone and ask for our intake worker or come in to our service in Civic.

HERE ARE 4 WAYS:

1. PHONE

ACT Women's Health Service 6205 1078

2. FAX

ACT Women's Health Service 6207 0143

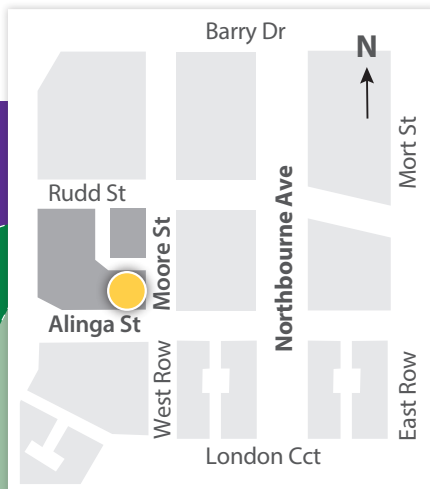
3. WEBSITE

ACT Government Health
Directorate website:
www.health.act.gov.au/health-services



4. VISIT

ACT Health Building, 1st Floor
Corner Moore and Alinga Street, Canberra City
Opening hours. Monday to Friday, 8.30am – 4.45pm



Accessibility

The ACT Government is committed to making its information, services, events and venues as accessible as possible.

If you have difficulty reading a standard printed document and would like to receive this publication in an alternative format such as large print, please phone 13 22 81 or email HealthACT@act.gov.au



If English is not your first language and you require a translating and interpreting service, please phone 131 450.

If you are Deaf, or have a speech or hearing impairment and need the teletypewriter service, please phone 13 36 77 and ask for 13 22 81.

For speak and listen users, please phone 1300 555 727 and ask for 13 22 81. For more information on these services visit <http://www.relayservice.com.au>

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Enquiries about this publication should be directed to ACT Government Health Directorate, Communications and Marketing Unit, GPO Box 825 Canberra City ACT 2601 or email: HealthACT@act.gov.au

www.health.act.gov.au | www.act.gov.au

Enquiries: Canberra 13ACT1 or 132281 | Publication No: 15/0420

WOMEN, YOUTH & CHILDREN COMMUNITY HEALTH PROGRAMS

The ACT Women's Health Service



*for women
by women*



The ACT Women's Health Service is a unique service provided free of charge to women in the ACT and region.

WHO DO WE SEE?

The Women's Health Service sees women who have significant difficulty accessing health services due to the impact of:

- Violence, abuse or neglect
- Identifying as being of Aboriginal or Torres Strait Islander origin
- Language or cultural barriers
- Homelessness or risk of homelessness, for example, staying in a refuge or couch surfing
- Mental health issues
- Substance abuse issues
- Disability
- Sexual identity issues
- Financial hardship, for example, being subjected to economic abuse or limited access to health services due to financial reasons.

The Women's Health Service seeks to provide a safe and accessible service that supports physical, psychological and emotional health and wellbeing for women of all ages.

The nursing, medical and counselling team work together with you to provide high quality, comprehensive health care that meets your individual needs.

OUR SERVICES INCLUDE:

Counselling

The counsellors can see you for short, medium and long term counselling on a range of issues.

Women's Health clinics

The registered nurses will provide you with a comprehensive women's health check that includes a general medical history, basic physical examination, cervical screening and lifestyle advice.

Specialised medical services

The nurse practitioner and doctor can provide you with short term comprehensive care and assist you to link with a general practice in the community.

The nurse practitioner is available to help you with a wide range of health issues. The nurse practitioner works in conjunction with the doctor who provides more intensive medical review as needed.

***Note:** this service is not able to function as a traditional general practice and does not provide immediate or crisis care, for example, treatment of minor ailments such as coughs and colds, or symptoms that might indicate heart attack such as chest pain or shortness of breath.*

If you have urgent health concerns, you can:

- go to Accident and Emergency at Canberra or Calvary Hospitals
- go to the *Walk-in Centre* at Canberra Hospital (Open seven days a week from 7am–11pm)
- phone *healthdirect* on 1800 022 222. (Free 24 hour telephone health advice line staffed by Registered Nurses)

Intake

The Women's Health Service is available for drop in and phone intake.

Intake hours - Drop in or call 6205 1078

Monday: 9.30am to 11.30am AND 1.00pm to 3.00pm

Tuesday: 9.30am to 11.30am AND 1.00pm to 3.00pm

Wednesday: 1.00pm to 3.00pm

Thursday: 9.30am to 11.30am AND 1.00pm to 3.00pm

Friday: 9.30am to 11.30am

Please note that Intake hours are subject to change.

Locations

Services are centrally located in Civic at 1 Moore Street. Outreach counselling and women's health clinics are also provided in Gungahlin, Tuggeranong, Phillip and Belconnen Health Centres.

All services are accessed centrally through the main office in Civic.

To discuss your individual circumstances, please phone and speak with one of our intake workers.

Contact information is on the back of this brochure.



The Lotus is an ancient women's symbol representing peace, spiritual energy and wellbeing, while the ♀ symbol has long been associated with healthy fertility, birth and well being for women.