

# Information and Support Services



Health  
South Western Sydney  
Local Health District

There are many support services and lots of information available to help those who have recently been diagnosed. For many people, testing HIV positive can be a difficult, confronting or overwhelming experience. It is not unusual for a person to feel anxious or confused. While dealing with the news of a positive diagnosis may not be easy, the prospects for living a long healthy life are better now than they have ever been. Following a diagnosis, there may be some people who have to be told as soon as possible. A person diagnosed with HIV may also initially decide to share the information with only a few people they feel they can confide in and trust. If you have just been diagnosed with HIV, or someone you know has just told you they have HIV, try not to panic. We suggest you take some time to allow yourself to adjust to the news, before you make any important decisions. Living with HIV can be challenging but you can take control.

## Recommended reading

The Australian information booklet for people who have just been diagnosed.

<http://www.acon.org.au/new-resource-to-support-gay-men-newly-diagnosed-with-hiv/>

Information sheet on disclosure.

[thealbioncentre.org.au/wp-content/uploads/2013/05/Disclosure-updated\\_240513.pdf](http://thealbioncentre.org.au/wp-content/uploads/2013/05/Disclosure-updated_240513.pdf)

The HIV Legal Service Guides to HIV and the Law including advice relating to disclosure

[halc.org.au/publications/guides-to-hiv-and-the-law/](http://halc.org.au/publications/guides-to-hiv-and-the-law/)

## Support services for those who have just been diagnosed

Liverpool Sexual Health Centre (CBD) – Medical and counselling support services available. Call 9827 8022.

[www.swslhd.nsw.gov.au/communityhealth/sexualhealth/aboutus.html](http://www.swslhd.nsw.gov.au/communityhealth/sexualhealth/aboutus.html)

Albion Centre (Surry Hills) - Medical, nutritional support, psychology and pharmacy services available. Call 9332 9600.

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

ACON (Surry Hills) promotes health & wellbeing for people with HIV in NSW. Call 9206 2000.

[www.acon.org.au](http://www.acon.org.au)

ACON also have a *New Diagnosis Priority Service* – for priority access to counselling and support.

Call 9206 2000 (Sydney), 1800 063 060 (outside Sydney) or 9283 2053 (for the deaf).

[www.acon.org.au/support-and-services/hiv/#newly-diagnosed-with-hiv](http://www.acon.org.au/support-and-services/hiv/#newly-diagnosed-with-hiv)

Any of the Sexual Health Services – you can see all the NSW locations at this website or look in the white pages.

[www.health.nsw.gov.au/sexualhealth/Pages/sexual-health-clinics.aspx](http://www.health.nsw.gov.au/sexualhealth/Pages/sexual-health-clinics.aspx)

## Phone based information and support

HIV Information Line - NSW phone based service on 9332 9700 or 1800 451 600. Mon-Fri: 8am-6.30pm.

Gay and Lesbian Counselling Service NSW- phone and internet chat based service 7 days- 5.30-10.30pm. 8594 9596 / 1800 184 527

[www.qlife.org.au](http://www qlife.org.au)

Lifeline – Phone and web based chat: 24 hours/7 days. In an emergency call - 13 11 14

[www.lifeline.org.au/Get-Help/Online-Services/crisis-chat](http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat)

## Finding a Doctor with HIV experience

The Australasian Society for HIV Medicine (ASHM) puts out an annual booklet listing General Practitioners who can prescribe HIV medications in Australia. You can download or read the booklet at:

[www.ashm.org.au/Documents/ashmprescribers.pdf](http://www.ashm.org.au/Documents/ashmprescribers.pdf)

## Other main NSW support organisations

Bobby Goldsmith Foundation assists people living with HIV by providing practical, emotional and financial support in a professional and non-judgemental way.

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

Positive Life NSW works to promote a positive image of people living with and affected by HIV with the aim of eliminating prejudice, isolation, stigmatisation and discrimination.

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

HIV/AIDS Legal Centre can provide legal advice, including referral and advice related to immigration

[www.halc.org.au](http://www.halc.org.au)

The Gay and Lesbian Immigration Task Force assist the foreign partners of Australian lesbians and gay men to migrate to Australia

[www.glitf.org.au](http://www.glitf.org.au)

### **Finding other support services in NSW**

Positive Life NSW maintains an online HIV Services Directory which you can search for support organisations in NSW.

<http://www.positivelife.org.au/living-with-hiv.html>

### **Some support groups**

Genesis is a one off weekend workshop for gay men recently diagnosed with HIV, run by Positive Life and ACON. Call ACON on 9206 2000 for information or bookings.

<http://www.acon.org.au/support-and-services/hiv/#genesis-workshops>

TIM (The Institute of Many) is a peer-run group for HIV positive people. Acting as a social umbrella and advocacy platform, they bring HIV positive people together to share their experience of living with HIV

[www.theinstituteofmany.org/](http://www.theinstituteofmany.org/)

Peer2peer is a bimonthly support and discussion group for HIV positive gay men. All gay men with HIV irrespective of age or time of diagnosis are welcome.

[www.positivelife.org.au/living-with-hiv/peer-2-peer.html](http://www.positivelife.org.au/living-with-hiv/peer-2-peer.html)

The Quarterly is an inclusive social event for all people with HIV, their families and significant others to get together and celebrate life in a safe, accessible and friendly environment.

[www.positivelife.org.au/living-with-hiv/the-quarterly.html](http://www.positivelife.org.au/living-with-hiv/the-quarterly.html)

### **Suggested websites for more information**

AFAO has some very useful resources available.

[www.afao.org.au](http://www.afao.org.au)

NAPWA has a variety of relevant resources.

[www.napwa.org.au](http://www.napwa.org.au)

Play Safe is a website with information about STIs and how to get tested

[www.playsafe.health.nsw.gov.au/](http://www.playsafe.health.nsw.gov.au/)

Sexual Health Info Link is a phone line dedicated to answering questions about sexual health

<http://www.shil.nsw.gov.au/> or call 1800 451 624

The Drama Down Under - Sexual Health Information for men who have sex with men, with Australia wide information and referrals.

[www.thedramadownunder.info](http://www.thedramadownunder.info)

How Hard is a website that caters to sexually adventurous men

[www.howhard.com.au](http://www.howhard.com.au)

Know the Risk is a website that can help you calculate understand sexual risk reduction strategies

[www.knowtherisk.org.au](http://www.knowtherisk.org.au)

The New Deal is a website that provides information about the risk of acquiring Hepatitis C during sex

[www.thenewdeal.org.au](http://www.thenewdeal.org.au)

AIDSMap is a UK Site with lots of news, information and resources

[www.aidsmap.com](http://www.aidsmap.com)

Avert is a UK based International HIV information website.

[www.avert.org](http://www.avert.org)

POZ (magazine) offers cutting-edge info and a useful guide to some of the questions you might have.

[www.poz.com](http://www.poz.com)

Talkabout Magazine from Positive Life NSW covers Australian life issues for people with HIV.

[www.positivelife.org.au/publications/talkabout](http://www.positivelife.org.au/publications/talkabout)

The Body is an American HIV/AIDS resource site.

[www.thebody.com](http://www.thebody.com)