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NSW Hep C Helpline

For free, confidential and non-judgmental info and emotional support, phone the *NSW Hep C Helpline*. We offer you the opportunity to talk with trained phone workers and discuss issues that are important to you. We also provide referrals to local health care and support services:

- 9332 1599 (Sydney callers)
- 1800 803 990 (NSW regional callers)

Hep C Council NSW Support Group

A chance for people living with hep C to meet others and get some support. We meet on the 3rd Tuesday of each month, from 6-8pm at the Hepatitis C Council, Level 1, 349 Crown Street (corner of Crown and Albion St) Surry Hills. Food and drink provided. For more information please call the *Hep C Helpline* on 1800 803 990.

Prisons Hep C Helpline

A special phone service provided through the *NSW Hep C Helpline* that can be accessed by NSW inmates and prison staff. Call this free and confidential service by using the prison phone, or by calling the numbers above.

Advice on food and nutrition

Dietitians work in hospitals and community health centres, where there is usually no charge for their services. Alternatively, private practitioners are listed in the *Yellow Pages*. For information on healthy eating and referral to local dietitians, contact the Dietitians Association of Australia on 1800 812 942 or www.daa.asn.au

General Practitioners

It is important that you have a well-informed GP who can support your long-term health care needs. Your doctor should be able to review and monitor your health on a regular basis and provide psychological and social support if needed. GPs should also be able to act as advocates to help with difficulties in other parts of the health care system. The *NSW Hep C Helpline* may be able to refer you to doctors and other health care workers in your area who have been involved in hep C training.

Alcohol and other drug services

People who inject drugs and want to access peer-based info and support can phone NUAA (the NSW Users and AIDS Association) on 8354 7300 (Sydney callers) or 1800 644 413 (NSW regional callers). NSW Health drug and alcohol clinics offer confidential advice, assessment, treatment and referral for people who have a drug or alcohol related problem. Phone the Alcohol & Drug Information Service (ADIS) on 9361 8000 (Sydney) or 1800 422 599 (NSW) for advice and details on your nearest clinic.

Family and relationship counselling

If hep C is impacting on your family relationship, you can seek counselling through Relationships Australia. Call them on 1300 364 277.

Family Drug Support

FDS provides assistance to families to deal with drug issues in a way that strengthens family relationships. Phone FDS on 1300 368 186.

Sexual health clinics

Although hep C is not classified as a sexually transmissible illness, these clinics offer confidential pre- and post-test discussions and HCV blood tests. They are listed in your local phone book under "sexual health clinics". They do not need your surname or Medicare card, and they keep all medical records private.

Community health centres

Community Health and Neighbourhood Centres exist in most towns and suburbs. They provide services including counselling, crisis support and information on local health and welfare agencies. Some Neighbourhood Centres run a range of support and discussion groups and activities that may range from archery to yoga. Look in your *White Pages* under Community Health Centres. Neighbourhood Centres can be found by phoning your local town council.

Cultural and linguistically diverse communities

The Multicultural HIV/AIDS and Hepatitis C Service (MHAHS) provides services for people from culturally and linguistically diverse backgrounds. To access hep C information in languages other than English and for more details, phone 9515 5030 or 1800 108 098 or visit www.multiculturalhivhepc.net.au

Additionally, the *Hep C Helpline* distributes some information resources in various languages.

Further, the Australasian Society for HIV Medicine (ASHM) has a basic information factsheet, *Hepatitis C in Brief*, in eight community languages. Contact ASHM on 8204 0700 or www.ashm.org.au

Legal advice

The HIV/AIDS Legal Centre (HALC) assists people with hep C related legal issues. They offer advocacy and advice on a number of problem types including: immigration; discrimination and vilification; superannuation and insurance; employment; privacy and health care complaints; and the appointment of attorneys and guardians. For more information, phone 9206 2060 or 1800 063 060, or visit www.halc.org.au

Hep Connect peer support program

Hep Connect offers support and discussion with volunteers who are affected by hep C and have been through treatment. This is a free and confidential phone based service which anyone in NSW can access. To speak with a volunteer please phone 9332 1599 or 1800 803 990 (Freecall from regional NSW).

Hep C Australasia online peer support

This Australasia-wide online internet community offers online support. You can start your own conversation thread or take part in existing threads, offer your point of view or share your experiences. Just visit www.hepcaustralasia.org

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Radio HepChat

HepChat is a weekly radio program that can be heard on Radio 3CR, Melbourne, or across Australia via the internet. The program broadcasts every Thursday morning between 10.30 and 11am, (Eastern-Standard-Time). Go to 3CR's website at www.3cr.org.au and follow the prompts.

Online hep C support forum

An online forum aimed at sharing hep C information and support: www.hepcaustralia.com.au

Hunter Hep C Support Services

A service for people of the Hunter region living with hep C. It is linked to health care professionals working with hep C treatment and care. Based at John Hunter Hospital, New Lambton. For information, please contact Carla Silva on 4922 3429 or Tracey Jones on 4921 4789.

Nepean Hep C Support Group

Guest speakers keeping you informed about hep C. Family and friends are more than welcome. Light refreshments and supper are provided. Held in the Nurse Education Dept. Lecture Room (Somerset Street entrance), Nepean Hospital. For further information, please contact Vince on 4734 3466.

Northern Rivers Liver Clinic Support Group

An opportunity for people contemplating treatment, undergoing treatment, and for those who have completed treatment to get know each other. For more information, please phone 6620 7539.

Port Macquarie Hep C Support Group

Peer support available for people living with or affected by hep C. For information, please contact Lynelle Wood on 0418 116 749 or Jana Vanderjaght on 0418 207 939.

Parramatta Support Group

A support group for people living with hep C, including those on treatment. From 7pm to 8.30pm, the first Thursday of each month (except Dec and Jan) at Parramatta Health Services, Jeffery House, 162 Marsden St, Parramatta. There is no parking on site. It is a 10 minute walk from Parramatta station. For information, please contact Susan on 9845 5627.

Traids

Traids is a statewide counselling, support and advocacy service for people with medically acquired hep C or HIV. They offer free and confidential services to affected people and their families and/or carers. For more information, contact Traids on 9843 3143.

Westmead Hep C Information Night

Our Information Nights are organised for people with hep C, families, friends and interested others. Parking is available at the hospital but you will need \$6.00 in coins. Alternatively, it is about a ten minute walk from Westmead station. Go to the main entrance of the hospital and ask for directions at reception, or look for our signs. There is no charge for the Information Night and people from any area are most welcome. For information, please contact Susan on 9845 5627.

