



# Women's Health Service

## Contact us

Contact us to make an appointment for any site, phone:

**8444 0700**

Monday to Friday 9am–5pm.

### Port Adelaide

47 Dale Street

*Bus stop 39 is located on nearby Church Street; Port Adelaide train station is a 10 minute walk.*

### Elizabeth

GP Plus Health Care Centre

16 Playford Boulevard

*The Centre is near the bus hub at the Elizabeth Shopping Centre.*

### Hillcrest (Nurse & Doctor Clinic only)

Gilles Plains GP Plus Super Clinic

1 Gilles Crescent

*Bus services 271 and 273 operate on North East Road. Bus stop 29 is located near the building.*

[www.whs.sa.gov.au](http://www.whs.sa.gov.au)

For information on outreach services please phone 8444 0700.



Phone: 8444 0700

Phone help is available daily between 9am - 5pm Monday to Friday: Telephone **8444 0700**.

Referrals to other services can be provided after hours in a crisis situation. The following services may be able to help you:

### 1800 RESPECT

National Sexual Assault, Family and Domestic Violence Counselling Line.

Phone 1800 737 732 (24 hours)

### Mental Health Triage

Provides mental health advice and information in crisis situation.

Phone 13 14 65 (24 hours)

If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.



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## Who are we?

We provide a FREE unique, and confidential women's health service to women living in the metropolitan Adelaide area, no referral needed.

Our services are provided by women for women in welcoming, safe and culturally respectful places.

We celebrate diversity and respect all cultures.

## Who do we see?

Our services are for

- > Women experiencing challenging health or life issues
- > Aboriginal and/or Torres Strait Islander women
- > Refugee and newly arrived migrant women
- > Women experiencing domestic and family violence, trauma, grief and loss

Female interpreters can be arranged. Please ask when making an appointment.

Our services are provided by

Doctors, Nurses, Aboriginal Clinical Health Workers and Social Workers.

## Clinical Services

Our clinics are provided by female health professionals who specialise in women's health issues.

- > sexual and gynaecological health concerns (pelvic pain, period problems, menopause, continence, fertility issues, contraception and sexually transmitted infections (STIs))
- > breast issues
- > women's health counselling, information and education for gynaecological problems (menopause, periods, breast health, continence and pelvic pain)
- > Pap smears / women's health checks
- > STI testing
- > Pregnancy testing and emergency contraception can be provided without an appointment if staff are available
- > well women's checks
- > screening and assessment, with the aim of increasing self-management of chronic conditions
- > education and health counselling
- > groups and programs on women's health

## Phone 8444 0700 for an appointment.

Appointments are available Monday to Friday between 9am - 5pm.

## Emotional Health & Wellbeing Services

Our emotional health can be affected by stress, loss and grief, depression, anxiety and the impact of violence.

Emotional health and wellbeing services include:

- > short to medium term counselling to discuss and manage your emotional health and wellbeing
- > Counselling and support for Women living with HIV
- > mindfulness-based group programs to build skills and confidence to improve your emotional health and wellbeing
- > short term case management or advocacy to link you into suitable health services.

Phone help is available daily between 9am - 5pm Monday to Friday: Telephone 8444 0700.

Referrals to other services can be provided.

## Have your say

We value your feedback on our services. You can have your say by:

- > speaking to one of our workers or the Manager
- > completing a feedback form or survey
- > contacting the Consumer Feedback Coordinator phone 8161 6710 or email [WCHNConsumerFeedback@health.sa.gov.au](mailto:WCHNConsumerFeedback@health.sa.gov.au)