

## Where can a woman go for....

### Abortion help and advice

Marie Stopes International 1800 003 707

### Contraception information pregnancy options and STI checks

The Options Clinic 02 6248 6222

### Counselling for women

ACT Women's Health Service 02 6205 1078

### Courses, training, groups, workshops and events

Women's Information and Referral Centre (WIRC)  
02 6205 1075 or 02 6205 1076

### Drugs, alcohol and dependency help and advice

WIREDD 02 6248 8600

### Free health care for young people aged 12-25

The Junction Youth Health Service 02 6247 5567

### Free mammograms for women aged 50-69

Breast Screen Australia 13 20 50

### Free Pap Smears

ACT Women's Health Service 02 6205 1078

### Medicines information and advice

Medicines Line 1300 888 763

### Menopause help and information

Menopause Centre Canberra 02 6257 4591

### Post and ante natal depression information and counselling

PANDSI 6232 6664

### Mental illness help and information

SANE 1800 688 382

## 24 HOUR Crisis Help

Emergency Services .....	000
Alcohol and Drug Help Line .....	6205 4545
Canberra Emergency Accommodation Service .....	6257 2333
Domestic Violence Crisis Service .....	6280 0900...TTY 6228 1852
Health First .....	6207 7777
Kids Helpline .....	1800 55 1800
Lifeline .....	13 11 14
Mental Health Crisis Team .....	1800 629 354
Poisons Information .....	13 11 26
Sexual Assault Counselling Service .....	02 6247 2525
Tresillian Family Care Centre .....	1800 637 357
Victims Of Crime Assistance League (VOCAL) .....	6295 9600
Victim Services Scheme .....	1800 822 272

## Other services

We keep a list of various services in the region including; counselling, female doctors, and women's crisis accommodation.

Contact WCHM on **02 6290 2166** or drop in to find the service that best meets your needs.

### Our services include:

- Advocacy ■ Health Information Library
- Free Internet Access ■ Resources for Groups
- Health Promotion, Activities and Projects
- Referral and Support



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**W** www.wchm.org.au

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## Who are we?

The Women's Centre for Health Matters, is a non-profit, community based organisation governed by women for women. WCHM works to improve the health and wellbeing of all women in the ACT with a focus on isolated and marginalised women.

WCHM provides advocacy, information, and referral on women's health to organisations and individuals within a holistic view of health.

## What do we do?

- Identify unmet needs of isolated and marginalised women and lobby for change.
- Carry out targeted advocacy.
- Establish, build on and maintain networks and partnerships.
- Improve access to, and the effectiveness of, information to women including information linkages throughout the ACT community.

## Yes!

We are **pro-choice**.

Whether or not as individuals we believe in abortion is irrelevant.

We believe that **women have a right** to choose.

We believe that **women** are best placed to make decisions about **their own health**.

**Women** have a right to control **their own bodies** and reproductive decisions.

We believe in having **safe, accessible, affordable, medically appropriate** healthcare options for all women.

**Regardless** of our individual views on abortion, We believe that a **woman's health should not be compromised** if **she chooses** to terminate her pregnancy.

1 in 3 Australian **women** will access an abortion in **their lifetime**.

**Regardless** of individual politicians' views on abortion, We believe that the Australian Government has a **duty of care to women**,

To ensure the **accessibility, safety, affordability, and medical appropriateness** of reproductive healthcare—**including abortion**.

## Useful Websites

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

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

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

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

[www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

[www.wirc.act.gov.au](http://www.wirc.act.gov.au)

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

[www.healthfirst.net.au](http://www.healthfirst.net.au)

[www.women.act.gov.au](http://www.women.act.gov.au)

[www.centrelink.gov.au](http://www.centrelink.gov.au)

[www.dhcs.act.gov.au](http://www.dhcs.act.gov.au)

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