

## 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 6248 6222

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

WIRC 6205 1075 or 6205 1076

### Disability support

Women With Disabilities ACT 6291 6842

### Drugs, alcohol and dependency help and advice

WIRED 6248 8600

### Free counselling by women, for women

ACT Women's Health Service 6205 1078

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

The Junction Youth Health Service 6247 5567

### Free mammograms for women aged 50-69

Breast Screen Australia 13 20 50

### Free PAP tests

ACT Women's Health Service 6205 1078

### Health information, referral, and advice

Health First 6207 7777

### Migrant help and support

Migrant Resource Centre 6248 8577

### Menopause help and information

Menopause Centre Canberra 6257 4591

### Mental illness help and information

SANE 1800 688 382

### Post and ante natal depression support

PANDSI 6232 6664

## 24 HOUR 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 .....6247 2525

Translating and Interpreting Service .....13 14 50

Trisillian Family Care Centre .....1800 637 357

Victims Of Crime Assistance League (VOCAL)...6295 9600

Victim Services Scheme .....1800 822 272

## Useful Websites

### For women

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

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

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

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

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

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

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

### For health and wellbeing

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

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

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

### For support

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

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

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

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

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

# whmi!

women's centre for health matters ●

**P** 02 6290 2166

**F** 02 6286 4742

**E** admin@wchm.org.au

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

## Who are we?

The Women's Centre for Health Matters (WCHM), is a not for profit organisation managed by women, for women. We seek to advocate, resource, and empower women and women's organisations.

"It is the business of this Centre to facilitate us, as women, to reclaim knowledge of and responsibility for our own bodies and our own health.

And that is revolutionary." Dorothy Broom, 1991

## Our services to ACT women include:

- Referral
- Women's Issues Library
- Free Computer and Internet Access
- Resources and Support for Women's Groups and Networks
- Health Promotions, Activities and Projects

## Keep this card...

There are some important phone numbers on the back which you may find useful.

### If you still can't find what you're looking for...

We keep a list of female GP's, Gynecologists, Counsellors, Natural Therapists, women's crisis accommodation, and more.

Contact WCHM on **6290 2166**, or drop in and browse our resources to find the service that best meets your needs.

## Yes!

We are **pro-choice**.

When a **woman** makes **any** decision about **her own** body and **her own** health, we support **her right to choose**.

**All women** have a **right to safe, accessible, affordable, and medically appropriate healthcare options**.

A **woman's health should not be compromised; regardless of her reproductive choices**.

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

These **women** have an **equal right** to control **their own** bodies and **their own** health.



## Advocacy Resources Empowerment

Building 1  
Pearce Centre  
Collett Place  
Pearce ACT 2607

PO Box 385  
Mawson ACT 2607