

Living with HIV Support Services and Resources:

Women living with HIV

The National Association of People with HIV Australia (NAPWHA) provides advocacy, policy, health promotion and outreach on a national level. It produces a range of health and education resources on HIV. [National Network of Women Living with HIV - NAPWHA](http://www.napwha.org.au/)

The Institute of Many (TIM) Women is on Facebook. Women living with HIV can ask each other questions, and share stories. It's a site where women can help each other build resilience, and be in a shared community.

<https://theinstituteofmany.org/projects/tim-women/>

Positive Women is based in Victoria and focuses on the changing needs of women living with HIV.

<https://positivewomen.org.au/>

Positive life NSW offers peer support and advocacy to all women living with HIV in NSW.

<https://www.positivelife.org.au/services/women-and-hiv/>

Locations of women's health centres within NSW

<https://whnsw.asn.au/womens-health-centres-nsw/>

Australian Federation of AIDS organizations (AFAO)

provides advocacy, policy and health promotion. AFAO champions awareness, understanding and proactivity around HIV prevention, education, support and research.

<https://www.afao.org.au/wp-content/uploads/2016/12/living-well-booklet.pdf>

Aidsmap provides information about the treatment, care and support of pregnant women with HIV. It also focuses on children with HIV, and families affected by HIV. <https://www.aidsmap.com/topic/families-children>

Transgender living with HIV

TransHub is a resource for all trans people in NSW, and health providers.

<https://www.transhub.org.au/hiv>

Positive women recognises the impact gender has on the way trans women experience HIV.

<https://positivewomen.org.au/>

Culturally and Linguistically Diverse People

The multicultural HIV and Hepatitis Service (MHHS) provides information in more than 20 languages. It works with different cultures and NSW Health to reduce the impact of HIV and viral hepatitis.

<https://www.mhhs.org.au/index.php/en/hiv/hiv-support-and-understanding>

HIV/AIDS Legal Centre (HALC) is a not for profit community legal centre. It provides free legal help to people in NSW with HIV or Hepatitis related legal problems. <https://halc.org.au/>

Other

Lifeline is a national charity. It helps with personal crises providing support and suicide prevention services. It is accessible 24 hours a day. Web based chat: 24 hours/7 days. In an emergency call 13 11 14.

<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

Beyond Blue provides information and support to help achieve your best possible mental health. 1300 22 4636, Web based chat (between 3pm–12am).

<https://www.beyondblue.org.au/>

13 YARN (13 92 76) connects you with an Aboriginal and Torres Strait Islander person who will listen to you. It is a 24/7 crisis support line that provide no shame, no judgement, and a safe place to yarn. <https://www.13yarn.org.au/>

Getting to the Albion Centre

The Albion Centre is at 150 Albion St, Surry Hills. It is approximately 800m from Sydney's Central Station.



P: +61 2 9332 9600
F: +61 2 9332 9782
W: www.thealbioncentre.org.au
www.facebook.com/thealbioncentre

TIS National's
interpreting
service - 131 450



WELCOME INFORMATION



Opening Hours

Monday 8.30am — 5:45pm
Tuesday 8.30am — 5:45pm
Wednesday 2.00pm — 5:45pm
Thursday 8.30am — 6:45pm
Friday 8.30am — 4:45pm



A Population and Community Health Facility



About Us

The Albion Centre is the only major interdisciplinary centre managing HIV in Australia. Our staff have been providing care and treatment for over 30 years. It's important to us that you feel welcome and know that you are getting the best possible care.

At Albion we treat everyone with care and respect. Our service is free and confidential for all Medicare and non-Medicare clients.

Our Services

- Medical treatment and care
- HIV and sexual health testing
- Pharmacy
- Nutrition and dietetics
- Psychology and counselling
- The Ankali Project
- t150
- Research



Medical treatment and care

Specialist medical and nursing staff provide comprehensive HIV prevention and treatment, and sexual health and hepatitis care. Access to antiretroviral treatment for all clients living with HIV, HIV care in pregnancy, PEP and PrEP prevention, and STI treatments are provided. As Albion is **not** a General Practice a indefinite referral from a GP for ongoing HIV care is desirable.

HIV and sexual health screening

At Albion part of your management is attending routine HIV blood tests every 4-6 months.

Our experienced doctors and nurses offer sexual health screening, and HIV and sexual health services. You can find out more about HIV and sexual health testing, treatment and monitoring at:

<http://thealbioncentre.org.au/sexual-health-screening/>

Pharmacy

The Albion Centre has an in-house pharmacy staffed by specialist HIV pharmacists. Our pharmacy team dispenses HIV medications. They also provide medication reviews and can answer any queries about your medications. For more information see our website at: <http://thealbioncentre.org.au/clinical-services/pharmacy/>

Nutrition and dietetics

Healthy eating and exercise are key to good health. Our team of dietitians can help with your questions and concerns. They provide practical advice to help you reach your health and nutrition goals. You can find out more about Albion Nutrition at: <http://thealbioncentre.org.au/clinical-services/nutrition/>

Psychology and counselling

Albion's team of clinical psychologists provide psychological therapies, counselling, assessments, neuro psychometric testing, referral and help with welfare issues. Albion Centre also offers appointments with a psychiatrist. You can find out more by visiting: <http://thealbioncentre.org.au/clinical-services/psychology/>

Ankali Project

The Ankali project has provided companionship and social support since 1985. If you would like to find out more about the Ankali project, request support or volunteer, you can find out more at: <http://thealbioncentre.org.au/ankali-project/>

Research

Albion is actively involved in investigator led research in HIV + Hepatitis, this enables our staff to be at the leading edge of new developments. To learn more please speak to your clinician.

T150

The t150 clinic is for transgender-people (binary and non binary). This specialist sexual health clinic is in a dedicated space trans only space with a peer onsite. You can find out more about t150 by visiting: <http://thealbioncentre.org.au/clinical-services/t150/>

Living with HIV Support Services and Resources:

New Diagnosis

The **a[STARTx] Resource** written by gay men living with HIV, helps you make sense of being diagnosed with HIV. <https://www.acon.org.au/what-we-are-here-for/hiv-support/#newly-diagnosed-with-hiv>

HIV Next Steps is a booklet for people new to HIV. <http://www.hivnextsteps.org.au/>

Australasian society for HIV, viral hepatitis and sexual health medicine (ASHM). Provides guidelines and information for managing HIV in Australia. <https://hivmanagement.ashm.org.au/>

Avert is a charity that provides information and education on HIV and AIDS, including health and wellbeing. <https://www.avert.org/living-with-hiv:>

Positive life NSW is peer-led and run. It is the largest organisation for people living with HIV in Australia. <https://www.positivelife.org.au/>

Health Equity matters is the peak national organization for Australia's community HIV response. (Formerly AFAO). <https://www.healthequitymatters.org.au>

Bobby Goldsmith Foundation (BGF) is Australia's oldest community-based HIV organization. It provides client services and support programs in NSW and SA. <https://www.bgf.org.au/>

Pozhet provides support, information and advice. Its focus is on heterosexuals at risk of HIV or living with HIV in NSW. <https://pozhet.org.au>

HIV/AIDS Legal Centre (HALC) is a not for profit community legal centre. It provides free legal help to people in NSW with HIV or Hepatitis related legal problems. <https://halc.org.au/>

Men living with HIV

Aids Council of NSW (ACON) For people who identify as lesbian, gay, bisexual or transgender. It specialises in HIV prevention and support. <https://www.acon.org.au/what-we-are-here-for/hiv-support/>

Positive life NSW Provides and connects you with different social support groups and services. <https://www.positivelife.org.au/get-support/social-support/>

The Institute of Many (TIM) is on Facebook. People living with HIV can ask each other questions, and share stories. It's a site where you can take part in a shared community.