

Getting medical treatment

Medicare Card

To get free or low-cost medical care, you need a Medicare Card. If you're an Australian citizen, you may already have a Medicare number. Ring Medicare to find out. For more information about getting a Medicare Card see p.35, or ring Medicare on 132 011.

Health Care Card

A Health Care Card can save you money on prescriptions and some other services.

For information about Health Care Cards contact Centrelink

Getting dental treatment

You're eligible for free public dental services if you have a Medicare Card AND a Health Care Card or a Pensioner Concession Card or a Commonwealth Seniors Card. Emergencies get priority, so there may be a waiting list for treatment.

To find your nearest public dental service phone your local hospital or community health centre. See *Who to Contact* on p.93 for more details.

Sexual health

Safer sex

Outside prison you'll have new opportunities for sexual relationships, either by returning to your old partner or with someone new. Avoid the risk of sexually transmitted infections (STIs) and practise safer sex. Safer sex means:

- correct use of a condom and water-based lubricant during penetrative (anal or vaginal) sex
- using condoms or dental dams during oral sex
- wearing latex gloves when penetration with the hands or fingers occurs.

Acquired brain injury

An acquired brain injury can cause problems with memory loss, controlling emotions, organising life and so on. You may not know that you have an acquired brain injury. Finding out about an acquired brain injury may help you get better medical help and other services.

If you answer 'yes' to any of the following, it could be helpful to be assessed for acquired brain injury:

- Have you been unconscious for more than 24 hours?
- Have you been a heavy drinker over a long period of time?
- Have you suffered a stroke or tumour, or an illness affecting your brain, such as meningitis?
- Do you have difficulty remembering things or planning things you need to do?
- Have you lost oxygen during an accident, overdose, suicide attempt or assault to your head?

For more information talk to your doctor or contact the Brain Injury Association of NSW on (02) 9868 5261 or 1800 802 840.

Mental health

If you have a mental illness or were a patient of a mental health service or doctor before coming to prison, you can give permission to the clinic nurse to pass on your information to a service in the community so you can keep getting the medication or other treatment that you need.

If your doctor has prescribed you medication for a mental illness, it's important that you keep taking it unless your doctor advises you to stop taking it or changes it for you. If you need help with your medication or mental health issues, contact a community health centre, local doctor or your nearest hospital.

If you were referred to a mental health service when you left prison, but you've moved or you've lost contact with the service, you can go to any community

health service or health provider and give them permission to ring

Health Contacts

Aboriginal Medical Services

Health care services for Aboriginal and Torres Strait Islander people. Services are located in various parts of the Sydney metropolitan area and country NSW.

Ph: (02) 9212 4777 to find out where the nearest service is.

AIDS Council of NSW (ACON)

ACON is a health promotion organisation based in the gay, lesbian, bisexual and transgender communities with a focus on HIV/AIDS.

Ph: (02) 9206 2000

1800 063 060

www.acon.org.au

Alcohol and Drug Information Service (ADIS)

Advice, information and referrals about drugs and alcohol. Ring ADIS to find the nearest Needle and Syringe Program (NSP).

Ph: (02) 9361 8000

1800 422 599

(from outside Sydney)

Community health centres

Community health centres provide a range of services, including counselling and mental health services. To find your nearest centre look under 'Community health centre' in the White Pages or phone NSW Health:

Ph: (02) 9391 9000

Brain Injury Association of NSW

Information and referral for people with an acquired brain injury.

Ph: (02) 9868 5261

1800 802 840

Council for Intellectual Disability

The peak NSW organisation for people with an intellectual disability.

Ph: (02) 9211 1611

Family Planning NSW

Information, referral and reproductive health services for men and women.

Ph: (02) 8752 4300

1300 658 886

www.fpahealth.org.au

Guardianship Tribunal

Appoints guardians for adults with disabilities who can't make their own decisions.

Ph: (02) 9555 8500

1800 463 928

TTY: (02) 9552 8534

Hep C Helpline

Provides information, support and referrals about Hep C.

Ph: (02) 9332 1599

1800 803 990

www.hepatitisc.org.au

Intellectual Disability Rights Service

A community legal centre for people with an intellectual disability and their carers.

Ph: (02) 9318 0144

1800 66 66 11

(from outside Sydney)

Kirketon Rd Centre

Needle exchange, methadone, and a range of health and dental services for IV users, sex workers and at-risk young people.

100 Darlinghurst Rd

(above the fire station), Kings Cross

Ph: (02) 9360 2766

Mental Health Information and Referral Service

Advice, information and referrals about mental health.

Ph: 1300 794 991

Multicultural Disability Advocacy Association

Provides advice, information and referrals for people from a non-English-speaking background with a disability and for their families and carers.

Ph: (02) 9891 6400

1800 629 072

Multicultural HIV/AIDS and Hepatitis C Service (MHAHS)

Bilingual services for HIV-positive people. Website provides information in community languages.

Ph: (02) 9515 5030

1800 108 098

www.multiculturalhivhepc.net.au

**People Living with HIV/AIDS
(PLWHA)**

Provides support, referral and advocacy for people living with HIV/AIDS.

**Ph: (02) 9361 6011
1800 245 677**

www.plwha.org.au

Public dental clinics

Contact NSW Health or your local hospital or community health centre for details of the nearest public dental clinic.

Ph: (02) 9391 9000

Sexual Health Info Line

Call for information on sexual health and to find your nearest services.

Ph: 1800 451 624

Sydney Sexual Health Centre

Free testing for Hep C, HIV and other STIs, as well as counselling and treatment services.

**Level 3, Nightingale Wing,
Sydney Hospital**

Macquarie Street, Sydney

Ph: (02) 9382 7440

1800 451 624

**Women's Information and
Referral Service**

Ring this service to find your nearest women's health centre.

Ph: 1800 817 227