

Getting Support

There's lots of services and support to help you but you have to go looking for it. It takes lots of persistence and asking questions, to really find out what you need to know. Saria

Don't be afraid to use as many services as you can to get your life back to normal. You'll meet amazing people who will welcome you with friendship, support, confidentiality and hope. John

Like everyone, positive heterosexuals and their partners can be intelligent, funny, sensitive and attractive. Being straight and positive doesn't mean you have to hide yourself indoors. You can make a little effort and be rewarded by meeting other men and women like yourself who live with the virus.

These days it's not unusual for positive straight men and women to regularly use a wide range of HIV services. Don't be afraid to explain that you're not gay. It isn't such a big deal! You may have to cope with an occasional rejection but overall people, both straight and gay, will want to meet you, help you and spend time with you.

Okay, so now you've made up your mind to stop staying indoors and letting HIV get you down. You're going to get it together and stop feeling lonely by making new friends and finding services that can help you.

Which services would be good to try? We've chosen a list of the ones that are most popular. Make contact for the support that can get you where you want to go.

Finding your nearest HIV/AIDS doctor and clinic

NSW HIV/AIDS Information Line

For the closest help to where you live. Find an HIV/AIDS doctor, clinic, counsellor or social worker.

(02) 9332 9700

1800 451 600 (Freecall)

TTY (02) 9332 4268

Sexual Health Clinics

For your nearest clinic to see a doctor, nurse or social worker, look under 'S' in the White Pages.

Meeting others like yourself

Positive Heterosexuals - Pozhet

Positive men, positive women, their partners and family members

A social events calendar includes workshops, retreats, support groups, country visits and phone counselling.

1800 812 404 (Freecall Australia)

www.pozhet.org.au

Women's HIV and Health Promotion (ACON)

HIV positive women's support

(02) 9206 2015

1800 063 060 (Freecall)

Multicultural HIV/AIDS and Hepatitis C Service

Bilingual/bicultural co-workers - for people from a non-English speaking background

(02) 9515 3098

1800 108 098 (Freecall)

www.multiculturalhivhepc.net

Ankali

One-to-one emotional and social support for positive men and women, their partners, family and friends.

(02) 9332 9742

1800 451 600 (Freecall)

Children & HIV, family support

Paediatric HIV/AIDS Unit

Paediatric HIV Social Worker at Sydney Children's Hospital

(02) 9382 1851

KWAIDS (Kids with AIDS)

Camp Goodtime, a national camp for families that offers HIV financial support for families. Contact Paediatric HIV Social Worker at Sydney Children's Hospital

1800 689 188 (Freecall)

ACON Family Support Officer

Help for families where a parent or child has HIV

(02) 9206 2079

FPA Health

For contraception, pregnancy counselling, breast checks and pap smears

(02) 9716 6099

FPA Healthline

Answers your questions about reproductive and sexual health

1300 65 88 86 (NSW and NT for the cost of a local call)

Financial help and counselling

BGF - Bobby Goldsmith Foundation

For direct financial help and counselling, supported housing, employment support to men and women disadvantaged by HIV/AIDS

(02) 9283 8666

1800 651 011 (Freecall)

www.bgf.org.au

Friendly HIV/AIDS organisations

Positive Central

Counselling, physiotherapy, occupational therapy, nutrition and referrals for positive people, their partners and family living or working within the central Sydney area

Western Suburbs Haven

Social support, cheap groceries, lunch, workshops, Internet access and respite care in Sydney's Greater West. Support events for positive heterosexuals

(02) 9672 3600

Positive Living Centre

One-stop access point for daytime social activities for positive people wanting new skills, interests and work opportunities.

(02) 9699 8756

North AIDS

North Sydney day centre, lunch and social activities
(02) 9929 4288

PLWHA (NSW)

Referrals and Contact Directory. Contact your local PLWHA centre.
(02) 9361 6011
1800 245 677 (Freecall)

AIDS Council of NSW (ACON)

Counselling, family support, treatments, vitamins
Contact your local ACON branch.
(02) 9206 2000
1800 063 060 (Freecall)

Free advice

HIV/AIDS Treatments

Treatments Officer ACON

Free advice on treatments and vitamins
(02) 9206 2013
1800 816 518 (Freecall)

Legal advice

HIV/AIDS Legal Centre (HALC)

Free legal advice for legal problems related to HIV/AIDS
(02) 9206 2060
1800 063 060 (Freecall)

Hep C Helpline

Hepatitis C Council of NSW
Information and support
(02) 9332 1599
1800 803 990 (Freecall)

NSW Users and AIDS Association (NUAA)

Services for past and current injecting drug users
(02) 8354 7300
1800 644 413 (Freecall)

Food – when the larder is empty

Luncheon Club Larder

Free lunch and groceries for people on pensions
(02) 8399 3220

Food Distribution Network

Delivery of market price fruit and vegetables for people on pensions.
(02) 9699 1614

Foodshare

Low-cost food once per month in return for volunteer help.
(02) 9310 2722

Housing – finding somewhere to live

ACON Housing

(02) 9206 2039
1800 063 060 (Freecall)

BGF Supported Housing

(02) 9283 8666
1800 651 011 (Freecall)

Home care and support

CSN - Community Support Network

Help with transport and homecare - cooking, shopping, cleaning etc
(02) 9206 2031
1800 063 060 (Freecall)

Jobs & employment for positive people

Positive Employment Service

Help if you are looking for some sort of change in your work direction
(02) 9283 8666
1800 651 011 (Freecall)

Options Employment Service

Employment and training service. Intensive one-to-one help to get a job,
study or retrain. Darlinghurst, Chatswood, Parramatta, Katoomba and
Strathfield
1800 784 667 (Freecall)

Complementary therapies

The Sanctuary

Free shiatsu massage, social activities and cooking programs
(02) 9519 6142

ACON Vitamin Service

Quality vitamins and nutritional supplements at near wholesale prices
Independent advice on treatments and vitamins
(02) 9206 2013
1800 816 518 (Freecall)

Free HIV magazines and journals

Pozhet Connections Program

The latest HIV/AIDS magazines and newsletters for positive
heterosexuals
1800 812 404 (Freecall Australia)

Useful websites - Australia and overseas

Positive Heterosexuals (Pozhet)	www.pozhet.org.au
People Living with HIV/AIDS (NSW) Inc	www.plwha.org.au
AIDS Council of NSW (ACON)	www.acon.org.au
Australian Federation of AIDS Organisations (AFAO)	www.afao.org.au
Positive Women (Victoria)	www.positivewomen.org.au
Straight Arrows (Victoria)	www.straightarrows.org.au
The Body - Information for positive people	www.thebody.com
National Association of People With HIV/AIDS (NAPWA)	www.napwa.org.au
Terrence Higgins Trust	www.tht.org.uk

Hetero chat rooms

www.positiveconnections.org
www.heterochat.org
www.hivstraight.com