

# HOLIDAY HOURS and RESOURCES



It's a Wrap from WAAC - please see below reduced hours of operation over the coming weeks.

## WAAC Office and Services

**Closes** - 1pm Wednesday 23 December 2020  
**Opens** - 9am Monday 4 January 2021

## M Clinic

**Last Day of Routine Screening** - Friday 18 December 2020

**Symptomatic Screening and Treatments ONLY** -  
Monday 21 December 2020 - Wednesday 23 December 2020  
\*Phone booking necessary

**Regular Clinic Hours Resume** - Monday 4 January 2021

## LINQ

**Closes** - Friday 18 December 2020  
**Opens** - Wednesday 6 January 2021 - Call to arrange booking!

## Needle Syringe Exchange Program

### WAAC - West Perth

**Closes** - 1pm Wednesday 23 December 2020  
**Opens** - 9am Monday 4 January 2021

### Fremantle Xchange

**Closes** - 3pm Wednesday 23 December 2020  
**Opens** - 12pm Monday 4 January 2021

## NSEP Van

### Armadale and Gosnells

**Closes** - 6pm Friday 18 December 2020  
**Opens** - 1pm Friday 8 January 2021

### Mirrabooka and Joondalup

**Closes** - 6pm Tuesday 22 December 2020  
**Opens** - 12pm Tuesday 5 January 2021

### Rockingham

**Closes** - 3pm Monday 23 December 2020  
**Opens** - 1pm Monday 4 January 2021

### Belmont and Midland

**Closes** - 6pm Thursday 17 December 2020  
**Opens** - 1pm Thursday 7 January 2021

### Freedom Centre

**Closes** - 8pm Wednesday 23 December 2020  
**Opens** - 5pm Monday 4 January 2021

Ngala kaadijiti wadjuk moort keyen kaadak nidja boodja  
We acknowledge Noongar people as the original custodians of the land on which our office stands.

# HOLIDAY HOURS and RESOURCES



You are not alone in thinking that this is a stressful time of year. Many of us stretch ourselves thin when it comes to our finances and relationships, as well as having big feelings of expectation when rounding out another trip around the sun, this year especially. Some of us, particularly people living with, or affected by HIV, and members of the LGBTQI+ community, can be reminded of personal challenges during this time.

WAAC's opening hours are reduced over the coming weeks, but there are other organisations available to support you over the festive season.

Should you require immediate assistance, please call:

## Health Direct

**Phone** - 1800 022 222  
**Website** - [www.healthdirect.gov.au](http://www.healthdirect.gov.au)  
**Available** - 24-hour Health Advice

## Lifeline

**Phone** - 13 11 14  
**Website** - [www.lifeline.org.au](http://www.lifeline.org.au)  
**Available** - 24-hour Crisis Support

## Q Life

**Phone** - 1800 184 527  
**Website** - [www.qlife.org.au](http://www qlife.org.au)  
**Available** - 3pm to midnight everyday

## Beyond Blue

**Phone** - 1300 224 636  
**Website** - [www.beyondblue.org.au](http://www.beyondblue.org.au)  
**Available** - 24-hour support

## Carers WA

**Phone (General)** - 1300 227 377  
**Phone (Counselling)** - 1800 007 332  
**Website** - [www.asn.au](http://www.asn.au)

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.

## Sex

The holiday season is one of wonder and adventure. If you are planning on having sex, remember to plan ahead and keep yourself and others safe. You can do this by:

### Using Condoms

Condoms are a great way of reducing STI's, and provide maximum protection when used before engaging in sexual activities such as oral sex and nudging and rubbing.

### Open Communication

Talk with your partners, ask when their last STI screen was, talk about their HIV status - be direct and ask "what's your HIV status?", if they are HIV positive and have an undetectable viral load, then there is virtually no risk of transmission, if they are HIV negative ask about PrEP use.

### U=U

undetectable means untransmittable! This happens when someone living with HIV takes their medication, which suppresses the virus to such low levels, it is unable to be transmitted sexually. Click here for more information: <https://youtu.be/wx6pDjJz4iM>

### PrEP

is an antiretroviral medication that is taken as a preventative for HIV. It is taken for 7 days prior to sexual intercourse and continues to be taken until 28 days after your last at-risk event if you wish to stop and is prescribed by a GP. It gives the person up to 99% protection against HIV and only HIV. PrEP does not protect against other STI's.

### PEP

is also an antiretroviral medication that is taken to reduce the risk of HIV after an at-risk event; this includes things such as unprotected intercourse and condom breakages. PEP must be commenced within 72hrs of the event, and the sooner the better. If you have concerns after having sex, and worried about HIV you can call the PEP Hotline on 1300 767 161 or visit their website <https://www.getpep.info/get-pep-now/wa/>

### Symptoms

Many of the Sexual Health Clinics will be unavailable during the festive period, however you can follow up with your GP for support and testing, or if you have severe pain/discomfort please visit the emergency department or call HealthDirect on 1800 022 222 for health advice. For a list of GP's try: <https://www.mclinic.org.au/finding-health-professional>

# HOLIDAY HOURS *and* RESOURCES



## Managing your meds

During the holiday season, many pharmacies will be closed. It is important to make sure you have enough of your medications to last you through to New Year. If you are travelling to friends or family, make sure that you have some packed to go with you, perhaps in an unmarked pill box. New Years can be particularly disruptive; staying up late, and sleeping in. Think about how you're going to take your medications, so that you miss as few doses as possible (hopefully none). Try setting an alert on your phone or stick a post it note on your fridge to help remember.

## COVID-19

With WA opening its borders once more, the potential for an outbreak increase. Here is where to go if you are worried about potential symptoms:

### Corona Virus Help Line

**Phone** - 13 268 43

**Website** - [https://healthywa.wa.gov.au/Articles/A\\_E/COVID-clinics](https://healthywa.wa.gov.au/Articles/A_E/COVID-clinics)

If you experience these following symptoms, you should be screened

- fever of 37.5°C or above OR fever in the last few days (for example, night sweats or chills)
- coughing, shortness of breath, sore throat, runny nose
- loss of smell or taste

### Food Security

With the complexities that comes with 2020, food security has been a challenge for many this year.

#### For support within the community

<https://www.foodbank.org.au/WA/food-assistance/?state=wa> or  
<https://waconnect.org.au/food/>

#### For support with any of these issues:

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

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

<https://www.thinkmentalhealthwa.com.au/mental-health-support-services/emergency-and-other-mental-health-support-lines/>

## Drugs and Alcohol

### Useful Links -

#### SMART Recovery Website

<http://smartrecoveryaustralia.com.au>

#### Various twelve step programs

<http://www.aa.org.au/>

<http://www.crystalmeth.org.au>

<http://na.org.au/>

#### Remind yourself of your rights whilst partying with this helpful resource from the Inner City Legal Centre

<http://www.iclc.org.au/party-rights/>

#### For a list of needle and syringe programs

<https://waaid.com/item/1143-nsep-holidays.html>

[https://healthywa.wa.gov.au/Articles/U\\_Z/Where-to-find-needle-and-syringe-programs-in-WA](https://healthywa.wa.gov.au/Articles/U_Z/Where-to-find-needle-and-syringe-programs-in-WA)

# HOLIDAY HOURS and RESOURCES



## Resources and Support

### QLife

**Phone** - 1800 184 527  
**Website** - [www.qlife.org.au](http://www.qlife.org.au) (for online chat)  
**Available** - 7 days from 5.30pm - 10.30pm (includes Christmas)

### Suicide Call Back Service

**Phone** - 1300 659 467  
**Website** - [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
**Available** - Phone, online, video

### Beyond Blue

**Phone** - 1300 22 46 36  
**Website** - [www.beyondblue.org.au](http://www.beyondblue.org.au)  
**Available** - Phone, online

### Carers WA

**Phone (General)** - 1300 227 377  
**Phone (Counselling)** - 1800 007 332  
**Website** - [www.carerswa.asn.au](http://www.carerswa.asn.au)  
**Available** - Monday to Friday, 8.30am - 4.30pm

### Carers Gateway

**Phone** - 1800 422 737  
**Website** - [www.carergateway.gov.au](http://www.carergateway.gov.au)  
**Available** - Monday to Friday, 8am - 5pm

### Mensline

**Phone** - 1300 78 99 78  
**Website** - <https://mensline.org.au>  
**Available** - Phone, online, video

### 1800 Respect

**Phone** - 18 00 737 732  
**Website** - [www.1800respect.org.au/](http://www.1800respect.org.au/)  
**For** - Domestic Violence

### Lifeline

**Phone** - 13 11 14  
**Website** - [www.lifeline.org.au](http://www.lifeline.org.au)  
**Available** - telephone, SMS, online counselling 24-hour,  
7 days a week, anywhere in Australia

### Family Drug Support Help Line

Telephone counselling offering support for people who have family with a drug dependency issue.

**Phone** - 1300 368 186  
**Available** - 24-hours

### WA Housing Hub

Crisis accomodation in WA

**Website** - <http://options.warehousinghub.org.au/places/crisis-accomodation/>

### HealthDirect

**Phone** - 1800 022 222  
**For** - Health advice

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